

Summer Holidays Pilates Timetable 2018

Please note: Not all classes will run every week: red numbers next to classes indicate the weeks of the course that they will be running. Instructors may vary slightly from week to week.

	MONDAYS		TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS	
	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak
07.30										Pilates for Sports 07.30 (45min) Jenny/Emma		
08.00												
08.30												
09.00												
09.30	Int 2 9.30 Julie		Int 1 9.30 Julie							Int 1 9.30 Julie		Beg/Int 1 9.00 Caitlin
10.00		Neuro 10.00 - 1-4 Katy						Int 1 10.00 Susie/Sue				Int 1/2 10.00 Caitlin
10.30	Older Adult 10.30 Julie				Int 2 10.30 Sandra/Julie	Beginners 10.30 - 1,3,5 Susie					Int 1 10.30 Sue	
11.00		Neuro 11.00 - 1-4 Katy		Neuro 11.00 Becky/Stella				Int 1 11.00 Sue				
11.30	Int 1 11.30 Elaine/Susie				Rehab 11.30 - 1,3,5 Susie							
12.00			Older Adult 12.00 Suzie									
12.30												
13.00										Post Natal* 12.30 - 1,2,3 & 6 Katie		
13.30	Post Natal * 13.30 Jenny							Rehab 13.45 - 1,4,5 & 6 Emma				
14.00												
14.30												
15.00												
15.30			Int 1/2 15.30 Julie									
16.00												
16.30												
17.00												
17.30	Int 1/2 17.30 Jenna				Int 1 17.30 Sandra							
18.00			Int 1/2 18.00 Julie			Ante/Post Natal 18.00 Jenna		Int 1 18.00 Caitlin				
18.30		Beginners 18.30 Yulia/Jenna							Ante/Post Natal 18.30 Katie			
19.00												
19.30	Int 1/2 19.30 Susie			Ante/Post Natal 19.30 Emily	Int 2/Advanced 19.30 Jenny	Int 1/2 19.30 Sam		Int 1/2 19.30 Caitlin				
20.00		Int 1/2 20.00 Su	Int 1/2 20.00 Liz/Emma									
20.30						Beginners 20.30 Sam			Beginners 20.30 Sarah			
21.00												

Large class (maximum 12 people)

Small class (maximum 6 people)

Small class (maximum 5 people)

**class allows babies*