




# 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		Int 1/2 9.00 Caitlin	Ante/Post Natal 09.00 Becky
10.00		Neuro 10.00 - 1-4 Katy										
10.30	Older Adult 10.30 Julie				Int 2 10.30 Sandra/Julie	Beginners 10.30 - 1,3,5 Susie	Int 1 10.00 Susie/Sue			Int 1 10.30 Sue	Beg/Int 1 10.00 Caitlin	
11.00		Neuro 11.00 - 1-4 Katy		Neuro 11.00 Becky/Stella								
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 - 4-6 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 20.00 Sarah			
21.00												

 Large class (maximum 12 people)

 Small class (maximum 6 people)

 Small class (maximum 5 people)

*\*class allows babies*