

Summer Holiday Pilates Courses

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main Studio <i>Small groups maximum 6 people.</i> <i>Large groups maximum 12 people.</i> 					
				Pilates for Sport 07.30 - 45 mins - Emma	
Intermediate 2 09.30 - Julie M	Intermediate 1 09.30 - Julie M	Beginners/Intermediate 1 09.30 - Sandra		Beginners 09.30 - Sue	Ante/Post Natal 09.00 - Becky
Older Adult 10.30 - Julie M		Intermediate 2 10.30 - Sandra	Intermediate 1 10.00 - Susie	Intermediate 1 10.30 - Jess	Beginners Intermediate 1 10.00 - Caitlin
Beginners 11.45 - Stella	Older Adult 11.45 - Stella	Rehab 11.30 - Susie	Older Adult 11.30 - Janet		Intermediate 1 /2 11.00 - Caitlin
Intermediate 1 12.45 - Stella			Advanced 12.30 - Janet		
Post natal 1.45 - Jenny	Intermediate 1/2 15.30 - Julie M				
Intermediate 1/2 17.30 - Jess		Beginners/Intermediate 1 17.30 - Sandra			
	Intermediate 1/2 18.00 - Julie M		Intermediate 1 18.00 - Stella		
			Intermediate 1/2 19.30 - Katie		
Intermediate 2 19.30 - Susie P	Intermediate 1 19.30 - Emma	Intermediate 2/Advanced 19.30 - Jenny			
	Intermediate 2 20.30 - Emma				
Oak Room Studio <i>Small groups maximum 5 people.</i> 					
Neuro Pilates 10.00 - Jess	Intermediate 1 (Rehab) 09.30 - Sandra				
Neuro Pilates 11.00 - Jess	Neuro Pilates 11.00 - Jess				
Small Group Beginners 18.30 - Julia		Small Group Ante/Post Natal 18.30 - Jacqui	Small Group Ante/Post Natal 18.30 - Katie		
	Small Group Ante/Post Natal 19.30 - Emily	Small Group Intermediate 2 19.30 - Sam	Small Group Intermediate 1 19.30 - Sarah G		
Small Group Intermediate 1/2 20.00 - Su	Small Group Beginners 20.30 - Paul	Small Group Beginners 20.30 - Sam	Small Group Beginners 20.30 - Sarah		