

Weekly Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Remedial Pilates (9:00-10:00) Heidi Weeks			Yoga (9:30-10:30) Denise Esther	Yoga (9:30-10:30) Hannah Stewart		
		Yoga (11:30-12:30) Hannah Stewart			Yoga 4 Kids (4-7 Years) 9:45-10:15) Denise Esther	
					Yoga 4 Kids (7-12 Years) 10:30-11:30) Denise Esther	
			Pilates (18:00-19:00) Lesley Hughes			
Mixed Ability Pole (19:30-20:00) Laura Bates	Pole (19:00-20:00) Rochelle West	Sexy Pole (19:00-20:00) Heather Kennett				