

# Class Timetable Autumn '09

w/c 7th September

## SANCTUARY OF HEALING

Monday	Mixed Pilates	Charlotte	9.30 am – 10.30 am
	Powerpaced Pilates	Charlotte	10.30 am – 11.30 am
	Mixed Pilates	Charlotte	7.00 pm – 8.00 pm
	Men Only Pilates	Charlotte	8.00 pm – 9.00 pm

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Tuesday	Mixed Pilates	Catherine	6.00 pm – 7.00 pm
	Mixed Pilates	Catherine	7.00 pm – 8.00 pm
	<b>Beginner 6 Week Course</b>	Catherine	8.00 pm – 9.00 pm

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Wednesday	Ladies Only Pilates	Charlotte	6.00 pm – 7.00 pm
	Mixed Pilates	Catherine	7.00 pm – 8.00 pm
	<b>Beginner 6 Week Course</b>	Catherine	8.00 pm – 9.00 pm

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Thursday	Mixed Pilates	Charlotte	10.00 am – 11.00 am
	Mixed Pilates	Charlotte	11.00 am – 12 noon

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## BROCKHALL VILLAGE, OLD LANGHO

Monday	<b>Beginner 6 Week Course</b>		7.00 pm – 8.00 pm
	Mixed Level		8.00 pm – 9.00 pm

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*all classes must be pre-booked*

Contact Charlotte 07801 444825

[WWW.LIVE-PILATES.CO.UK](http://WWW.LIVE-PILATES.CO.UK)