



TIMETABLE
WINTER TERM 2020 – 2021

DAY	TIME	CLASS
Monday	9.30am – 10.20am	ZOOM ONLY Pilates Flow and Relaxation
Tuesday	9.30am – 10.20am	ZOOM ONLY Gentle Pilates/Back Care Pilates with relaxation
Wednesday	9.30am – 10.20am	ZOOM ONLY Pilates and Relaxation with Bands/foam roller on alternate weeks (Bands 21 st October)
	EVENING CLASSES 6.30pm – 7.20pm	ZOOM ONLY Pilates and Relaxation with Bands/foam roller on alternate weeks (Bands 21 st October)
	8.00pm – 8.30 pm	ZOOM ONLY MEDITATION - Evening Guided Meditation for Sleep
Thursday	9.30am – 10.20am	ZOOM ONLY Pilates and Relaxation with mini flex ball/handweights on alternative weeks. (22 nd October mini flex ball)
Friday	8.00am – 8.20am	ZOOM ONLY MEDITATION - Guided Morning Meditation
	9.30am – 10.00am	ZOOM ONLY Pilates on the Stability Ball with progressions so suitable for all abilities

Please contact Charlotte to access Zoom classes