



## TIMETABLE JANUARY 2022

DAY	TIME	CLASS
Monday	9.30am – 10.20 am	<b>ZOOM ONLY</b>  Gentle Pilates/Back Care Pilates with relaxation (Poles and chairs may be used in the block)
Tuesday	9.30am – 10.30 am 10.35 am -11.35 am	<b>SANCTUARY CLASSES (NO ZOOM)</b>  <b>Mixed Pilates</b> (equipment may be used some weeks) <b>Gentle/Mixed Pilates</b> (equipment may be used some weeks)
Wednesday	9.30am – 10.30 am  10.40am – 11.40am  <b>EVENING CLASS</b>  6.30pm – 7.20pm	<b>THE WELLNESS CENTRE, TODMORDEN (NO ZOOM)</b>  <b>Beginner Pilates – 6 week course</b> (places must be booked prior to the block as spaces are limited)  <b>Mixed Pilates</b> (small equipment may be used some weeks)  <b>ZOOM ONLY</b>  Pilates Flow (equipment may be used some weeks) with relaxation
Thursday	9.30am – 10.30am 10.35 am – 11.35am	<b>SANCTUARY CLASSES (NO ZOOM)</b>  <b>Mixed Pilates</b> (equipment may be used some weeks) <b>Mixed Pilates</b> (equipment may be used some weeks)
Friday	7.00 am – 7.30 am  9.30am – 10.20 am	<b>ZOOM ONLY</b>  Stability Ball/Pilates HIIT/Barre - TBC  Pilates Mini Flex Ball/ Bands on alternate weeks with relaxation