

PILATES CLASSES FROM MONDAY 2nd November 2015

Day	Time	Class	Wks	November				December			Teacher	Cost
Mondays	09.20 - 10.15	Intermediate	7	2	9	16	23	30	7	14	Charlotte	£63
	10.30 - 11.25	Intermediate	7	2	9	16	23	30	7	14	Charlotte	£63
	2.30 - 3.25	Beginners	7	2	9	16	23	30	7	14	Charlotte	£63
	4.00 - 4.55	Special Back Class*	7	2	9	16	23	30	7	14	Rebecca L	£70
	5.00 - 5.55	Mixed Level	7	2	9	16	23	30	7	14	Rebecca L	£63
	6.00 - 6.55	Ball	7	2	9	16	23	30	7	14	Rebecca L	£63
	7.00 - 7.55	Intermediate	7	2	9	16	23	30	7	14	Charlotte	£63
	8.00 - 8.55	Intermediate	7	2	9	16	23	30	7	14	Charlotte	£63
Tuesdays	10.30 - 11.25	Mixed Level	7	3	10	17	24	1	8	15	Rebecca L	£63
	4.00 - 4.55	Special back Class*	7	3	10	17	24	1	*see note	15	Rebecca L	£70
	5.15 - 6.10	Mixed Level	7	3	10	17	24	1	8	15	Rebecca L	£63
	6.30 - 7.25	Mixed Level	7	3	10	17	24	1	8	15	Mel	£63
	7.30 - 8.25	NEW Beginners	7	3	10	17	24	1	8	15	Mel	£63
Wednesdays	9.15 - 10.10	Beginners	7	4	11	18	25	2	9	16	Jen	£63
	10.15 - 11.10	Mixed Level	7	4	11	18	25	2	9	16	Jen	£63
	11.15 - 12.10	Beginners	7	4	11	18	25	2	9	16	Sarah	£63
	4.00 - 4.55	Mixed level	7	4	11	18	25	2	9	16	Sarah	£63
	5.30 - 6.25	Intermediate	7	4	11	18	25	2	9	16	Sarah	£63
	6.30 - 7.25	Mixed Level	7	4	11	18	25	2	9	16	Jen	£63
	7.30 - 8.25	Beginners	7	4	11	18	25	2	9	16	Jen	£63
Thursdays	8.30 - 9.25	Intermediate	7	5	12	19	26	3	10	17	Charlotte	£63
	9.30 - 10.25	Mixed Level	7	5	12	19	26	3	10	17	Charlotte	£63
	10.30 - 11.25	Mixed level	7	5	12	19	26	3	10	17	Sarah	£63
	2.00 - 2.55	Special Back Class*	7	5	12	19	26	3	10	17	Rebecca	£70
	5.15 - 6.10	Beginners	7	5	12	19	26	3	10	17	Charlotte	£63
	6.20 - 7.15	Mixed Level	7	5	12	19	26	3	10	17	Sarah	£63
	7.20 - 8.15	Mixed Level	7	5	12	19	26	3	10	17	Charlotte	£63
Fridays	9.30 - 10.25	Mixed Level	7	6	13	20	27	4	11	18	Charlotte	£63
	10.30 - 11.25	Remedial	7	6	13	20	27	4	11	18	Charlotte	£63
	11.30 - 12.25	Beginners	7	6	13	20	27	4	11	18	Jen	£63
	4.00 - 4.55	Mind, Body, Fusion	6	6	13	20	***	4	11	18	Sarah	£54

****No back class on Tuesday 8th 4-5pm. Extra one on Thursday 10th 4-5pm to replace this one**

Pilates group classes max 11 people. Special Back classes max 8 people. Classes missed cannot be refunded. Please let us know if you are unable to attend as we do have a swap list and may be able to fit you in to another class if there is space. Booking is essential to secure your place, and payment in advance. Cash or cheques payable to "The Body Junction" or on line by Paypal or Bacs see below. Please wear comfortable clothes that you can move in, and clean socks. Mats and all equipment provided. £9 off if attending two classes per week. One to one sessions can be arranged from £40 per hourly session, or 2 to 1 £45 (recommended for total beginners or those with chronic back issues, or those wanting to have the individual attention or use the equipment) Fancy an occasional extra class? £8 for an extra classes subject to availability. See your teacher for availability or book at reception. www.bodyjunction.co.uk The Body Junction, Ground Floor, No 3 Sutherland Avenue, East Sussex, TN39 3LT/ Tel. 215300 PAYMENTS: If paying online please remember to put your name as reference. Co-op bank Acc No. 70770153, Sort Code 08-92-50. Thank you!