

Day	Time	Class	Teacher	Summer 2024- July 22nd -Sep 2nd						£ per class
				1	2	3	4	5	6	
MON	9.15-10.10	Mixed Level	Laura	22-Jul	29-Jul	05-Aug	12-Aug	19-Aug	Bank Holiday ***	£12
	10.20-11.15	Mixed level	Laura	22-Jul	29-Jul	05-Aug	12-Aug	19-Aug		£12
	11.30-12.25	Chair class	Laura	22-Jul	29-Jul	05-Aug	12-Aug	19-Aug		£12
TUE	10.00-10.55	Mixed Level	Charlotte	23-Jul	30-Jul	06-Aug	13-Aug	20-Aug	27-Aug	£12
	11.15-12.10	Back care / Beginners	Charlotte	23-Jul	30-Jul	06-Aug	13-Aug	20-Aug	27-Aug	£12
	18.15-19.10	Mixed Level	Mel	***	***	06-Aug	13-Aug	20-Aug	***	£12
WED	09:30-10:25	Mixed Level	Charlotte	24-Jul	31-Jul	07-Aug	14-Aug	21-Aug	28-Aug	£12
	17.45-18.40	Improvers/Beginners	Liz/Charlotte*	24-Jul	31-Jul	*07-Aug	*14-Aug	21-Aug	***	£12
	18.50-19.45	Mixed level	Liz/Charlotte*	24-Jul	31-Jul	*07-Aug	*14-Aug	21-Aug	***	£12
THUR	9.20-10.15	Beginners	Laura	25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	£12
	10.30-11.25	Chair Pilates	Laura	25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	£12
	11.45-12.40	Chair Pilates	Laura	25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	£12
	19.00-19.55	Intermediate Level	Charlotte	25-Jul	01-Aug	08-Aug	15-Aug	22-Aug	29-Aug	£12
FRI	10:00-10:55	Mixed Level	Katy/ Charlotte*	26-Jul	02-Aug	09-Aug	16-Aug	*23-Aug	30-Aug	£12
SAT	10.15-11.45	Garuda	Sally Paffard	***	***	10-Aug	***	***	***	£15
SAT	10.30-11.25	Small Equipment class	Charlotte	***	03-Aug	***	***	***	31-Aug	£12

Summer offer

**Pick 10 Mix Special Bundle offer 10 classes only £100 or 6 Classes for £66
(valid for summer only)**

Book your space in advance via GymCatch or use booking form

Please note 24 hours notice is required to cancel or swap classes.

A minimum of 3 pax attendance is required for classes to run.

Next Term Resumes September 2nd for 7 weeks £77