

## Pilates Class Term Timetable 4th November - 20th December 2024

Day	Time	Class	Teacher	1	2	3	4	5	6	7	Wks this term
<b>MON</b>	9.15-10.10	Mixed Level	Laura	04-Nov	11-Nov	18-Nov	25-Nov	02-Dec	09-Dec	16-Dec	7
	10.20-11.15	Mixed level	Laura	04-Nov	11-Nov	18-Nov	25-Nov	02-Dec	09-Dec	16-Dec	7
	11.30-12.25	Chair class	Laura	04-Nov	11-Nov	18-Nov	25-Nov	02-Dec	09-Dec	16-Dec	7
<b>TUE</b>	10.00-10.55	Mixed Level	Charlotte/Laura*	05-Nov	12-Nov	19-Nov	26-Nov	03-Dec	10-Dec	17-Dec	7
	11.15-12.10	Back care / Beginners	Charlotte/Laura*	05-Nov	12-Nov	19-Nov	26-Nov	03-Dec	10-Dec	17-Dec	7
	18.15-19.10	Mixed Level	Mel	05-Nov	12-Nov	19-Nov	26-Nov	03-Dec	10-Dec	17-Dec	7
<b>WED</b>	09:30-10:25	Mixed Level	Charlotte/Laura*	06-Nov*	13-Nov	20-Nov	27-Nov	04-Dec	11-Dec	18-Dec	7
	17.45-18.40	Improvers/Beginners	Liz	06-Nov	13-Nov	20-Nov	27-Nov	04-Dec	11-Dec	18-Dec	7
	18.50-19.45	Mixed level	Liz	06-Nov	13-Nov	20-Nov	27-Nov	04-Dec	11-Dec	18-Dec	7
<b>THUR</b>	9.20-10.15	Beginners	Laura	07-Nov	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	7
	10.30-11.25	Chair Pilates	Laura	07-Nov	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	7
	11.45-12.40	Beginners- NEW	Laura	07-Nov	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	7
	19.00-19.55	Intermediate Level	Charlotte/Laura*	07-Nov*	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	7
<b>FRI</b>	9.00-9.55	Mixed Level	Katy	08-Nov	15-Nov	22-Nov	29-Nov	06-Dec	13-Dec	20-Dec	7

**Please book online via GymCatch <https://gymcatch.com/app/provider/625/events>**

**Pick and Mix Bundle - 8 classes for £88 or 10 Classes for £110**

**(valid for 12 weeks from date of purchase and can be used across our term and holiday timetables)**

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**Please note 24 hours notice is required to cancel and receive a credit**

**CREDITS CAN NOT BE CARRIED OVER TO THE NEXT TERM OR HOLIDAY CLASSES**

Please cancel your class on Gymcatch so that people on the waiting list can be notified and make use of your space.