

Mat Class Timetable Spring Term 2020



Classes cost £9.00 and run in line with school term dates. Courses are paid for in advance each half term. Drop in classes cost £12.50 per class if space is available. Swiss Ball classes cost £12.00.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9.00am - 10.00am Privately Booked	9.35am - 10.35am Improvers Plus Lindsay	8.55am - 9.55am General Lottie	
	10.20 am – 11.20am Improvers Plus Lindsay	10.15am - 11.15am Swiss Ball Class Kirstie		10.15am - 11.15am General Lottie	9.00am - 10.00am Improvers / General Gintas
	11.35am - 12.35pm Slow and Steady Lindsay			11.30am - 12.30pm Improvers Amanda	10.15am - 11.15am Beginners Gintas
2.00pm - 3.00pm Improvers Nikki			2.45pm - 3.45pm Bone Health Class Nikki		
6.00pm - 7.00pm Improvers Lindsay	6.00pm - 7.00pm Improvers Plus Nikki	5.45pm - 6.45pm Improvers/Injury Nikki			
7.15pm - 8.25pm Intermediate Lindsay	7.10pm - 8.10pm Improvers Nikki	7.00pm - 8.00pm Intermediate Nikki			

	Beginners Mat
	General
	Improvers / General
	Improvers/Injury
	Improvers Plus
	Intermediate
	Improvers

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