

Mat Class Timetable Early Summer (April - May)



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

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	10.30am - 11.30am 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	<table border="1"> <tr> <td>Beginners Mat</td> </tr> <tr> <td>General</td> </tr> <tr> <td>Improvers / General</td> </tr> <tr> <td>Improvers/Injury</td> </tr> <tr> <td>Improvers Plus</td> </tr> <tr> <td>Intermediate</td> </tr> <tr> <td>Improvers</td> </tr> </table>		Beginners Mat	General	Improvers / General	Improvers/Injury	Improvers Plus	Intermediate	Improvers
Beginners Mat												
General												
Improvers / General												
Improvers/Injury												
Improvers Plus												
Intermediate												
Improvers												
6.00pm - 7.00pm Improvers Lindsay	6.00pm - 7.00pm Improvers Plus Nikki	5.45pm - 6.45pm Improvers Nikki										
7.15pm - 8.25pm Intermediate Lindsay	7.10pm - 8.10pm Improvers Plus Nikki	7.00pm - 8.00pm Intermediate Nikki										

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