








# Studio Session & Reformer Class - Timetable Autumn 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00am - 10.00am Privately Booked	8.45am - 9.55 am <b>Studio Session</b> Nikki	8.40am - 9.50am <b>Intermediate Studio</b> Lindsay	8.15am - 9.25am <b>Intermediate Studio</b> Lindsay		
	9.45am - 10.55 am <b>Hyper-mobility Studio Session</b> Monica		9.30am - 10.30am <b>Reformer Class</b> Nancy	9.20am - 10.20am <b>Intermediate Reformer</b> Nikki	
11am - 12.15pm <b>Studio Session</b> Nancy	12.00pm - 1.00pm <b>Studio Fit &amp; Healthy Session</b> Monica		10.45am - 11.45am <b>Intermediate Reformer</b> Kirstie	10.30am - 11.40am <b>Studio Session</b> Nikki	10:15am - 11:15am <b>Beginners Reformer</b> Helen
		11.30am - 12.40pm <b>Studio Session</b> Kirstie	11.45am-12:45pm <b>Injury Studio Class</b> Lindsay	11.45am - 12.55pm <b>Studio Session</b> Nikki	
12.45pm - 1.55pm <b>Studio Session</b> Lindsay	1.15pm - 2.25pm <b>Intermediate Studio</b> Lindsay		1.10pm - 2.10pm <b>Reformer Class</b> Nikki	12.45pm - 1.55pm <b>Studio Session</b> Amanda	
2.00pm - 3.10pm <b>Intermediate Studio</b> Lindsay	3.00pm - 4.10pm <b>Studio Session</b> Kirstie		2.15pm - 3.25pm <b>Intermediate Studio</b> Lindsay		
3.15pm - 4.25pm <b>Studio Session</b> Nikki	4.45pm - 5.50pm <b>Studio Session</b> Lindsay		3.35pm - 4.45pm <b>Studio Session</b> Lindsay		
6.40pm - 7.40pm <b>Beginners Reformer</b> Amanda	6.00pm - 7.00pm <b>Intermediate Reformer</b> Kirstie	6.00pm - 7.00pm <b>Beginners Reformer</b> Monica	6.00pm - 7.00pm <b>Reformer Class</b> Kirstie		
	7.10pm - 8.10pm <b>Reformer Class</b> Kirstie	7.00pm - 8.10pm <b>Beginners Studio Session</b> Monica	7.10pm - 8.10pm <b>Intermediate Reformer</b> Kirstie		
		8.15pm - 9.25pm <b>Studio Session</b> Nikki			

	Beginner Studio Session
	Studio Session
	Intermediate Studio Session
	Beginners Reformer Class
	Reformer Class
	Intermediate Reformer Class
	General/Injury

All Studio sessions and reformer classes are appointment based.

Studio sessions cost £24.50 each or £220 for a block of 10.

Reformer classes are £16.50 each.

Please ensure that you give us 24 hours notice of any cancellation so that we can offer the space to another client, otherwise we will have to charge a late cancellation fee.