

Mat Class Timetable (Winter) January - February Online



Online classes cost £8 each as part of a course. £10 drop in.

* 45 minute Bone Health classes cost £7.50 each as part of a course, drop in £9.50.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9.00am-10.00am <i>Online General</i> Lottie	9.00am-10.00am <i>Online Intermediate</i> Gintas
		10.00am-11.11am <i>Online Improvers Plus</i> Nancy		9.30am -10.30am <i>Online Intermediate Plus</i> Amanda	
			12.00pm-12.45pm <i>Online Bone Health</i> Nikki		
	6.00pm - 7.00pm <i>Online Improvers Plus</i> Nikki	5.30pm - 6.30pm <i>Online Improvers</i> Nikki			
6.00pm - 7.00pm <i>Online Improvers</i> Lindsay	6.30pm - 7.30pm <i>Online Improvers</i> Nancy	6.45pm-7.45pm <i>Online Intermediate</i> Nikki			
7.25pm - 8.25pm <i>Online Intermediate</i> Lindsay	7.20pm -8.20pm <i>Online Improvers Plus</i> Nikki				

	Online Classes
	General
	Improvers / General
	Improvers/Injury
	Improvers Plus
	Intermediate
	Improvers

t: 01603 929348

www.stablespilatesstudio.co.uk

e: info@stablespilatesstudio.co.uk

v1.04.01.21