

Monday	Tuesday	Wednesday	Thursday
09.30-10.20 Pelvic Floor Pilates  with Natalie		09.30-10.20 Mixed Ability Pilates  with Natalie	
10.30-11.20 Mixed Ability Pilates  with Natalie		10.30-11.20 Mixed Ability Pilates  with Natalie	
12.00-13.00 Senior Circuits  with Andy	11.30-12.20 Balance & Mobility (chair)  with Dido		13.00-14.00 Senior Circuits  with Andy
16.00-16.50 Mixed Ability Pilates  with Elizabeth	15.15- 16.15 Yoga  With Dido		
17.00-17.50 Mixed Ability Pilates  with Elizabeth		18.15-19.15 Yoga  With Dido	