

SPRING TIMETABLE

Monday 8th April – Friday 24th May 2024

MONDAY	DESCRIPTION	INSTRUCTOR
9.30am -10.30am	Improvers (Studio)	Nicola
10.45am – 11.45am	Beginners/Improvers (Studio)	Nicola
7.15pm – 8.15pm	Improvers (Studio)	Jenny
TUESDAY	DESCRIPTION	INSTRUCTOR
8.30am - 9.30am	Dynamic (Zoom)	Jenny
10.15am – 11.15am	Improvers (Studio)	Jenny
11.30am - 12.30pm	Intermed/Improvers (Studio)	Jenny
6pm – 7pm	Hatha Yoga (Studio)	Caitlin
7.30pm – 8.30pm	Improvers (Studio)	Michaela
WEDNESDAY	DESCRIPTION	INSTRUCTOR
9am - 10am	Intermediate (Studio)	Nicola
10.15am – 11.15am	Pilates for the Menopause (Studio)	Nicola
9.30am - 10.30am	Improvers (MEVH)	Gillian
10.45am – 11.45am	Improvers (MEVH)	Gillian
4.30pm – 5.15pm	Chair Exercise Class (MEVH)	Jenny
5.30pm – 6.30pm	Improvers (MEVH)	Jenny
6.30pm - 7.30pm	Improvers (MEVH)	Jenny
THURSDAY	DESCRIPTION	INSTRUCTOR
8.30am - 9.30am	Dynamic (Zoom)	Jenny
10am – 11am	Beginners/Improvers (Studio)	Michaela
9.45am - 10.45am	Improvers (Zoom)	Jenny
11.30am - 12.30pm	Intermed/Improvers (MEVH)	Jenny
FRIDAY	DESCRIPTION	INSTRUCTOR
9.30am – 10.30am	Hatha Yoga (Studio)	Caitlin
SATURDAY	DESCRIPTION	INSTRUCTOR
9.30am – 10.30am	Hatha Yoga (Studio)	Caitlin

