

SPRING PILATES & YOGA TIMETABLE

Monday 23rd February – Thursday 2nd April 2026

MONDAY	DESCRIPTION	INSTRUCTOR
9.30am -10.30am	Improvers (Studio 2)	Nicola
10.45am – 11.45am	Improvers (Studio 2)	Nicola
TUESDAY	DESCRIPTION	INSTRUCTOR
8am - 9am	Dynamic (Zoom)	Jenny
10am – 11am	Improvers (MEVH)	Jenny
11am – 12noon	Improvers (MEVH)	Jenny
12noon – 1pm	Intermed/Improvers (MEVH)	Jenny
6pm – 7pm	Soul Flow Yoga (Studio 2)	Lindsay
WEDNESDAY	DESCRIPTION	INSTRUCTOR
9am – 10am	Intermediate (Studio 2)	Nicola
10.10am – 11.10am	Improvers (Studio 2)	Nicola
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	Intermediate (Zoom)	Jenny
10.30am – 11.30am	Improvers (Studio 2)	Elle
10.30am – 11.30am	Improvers (MEVH)	Jenny
11.30am - 12.30pm	Intermed/Improvers (MEVH)	Jenny
SATURDAY	DESCRIPTION	INSTRUCTOR
9.30am - 10.30am	Soul Flow Yoga (Studio 2)	Gillian