

## SPRING PILATES & YOGA TIMETABLE

Tuesday 7<sup>th</sup> April – Friday 22<sup>nd</sup> May 2026

<b>MONDAY</b>	<b>DESCRIPTION</b>	<b>INSTRUCTOR</b>
9.30am -10.30am	Improvers (Studio 2)	Nicola
10.45am – 11.45am	Improvers (Studio 2)	Nicola
<b>TUESDAY</b>	<b>DESCRIPTION</b>	<b>INSTRUCTOR</b>
8am - 9am	Dynamic (Zoom)	Jenny
10am – 11am	Improvers ( <b>MEVH</b> )	Jenny
11am – 12noon	Improvers ( <b>MEVH</b> )	Jenny
12noon – 1pm	Intermed/Improvers ( <b>MEVH</b> )	Jenny
6pm- 7pm	Holistic Yoga (Studio 2)	Lindsay
<b>WEDNESDAY</b>	<b>DESCRIPTION</b>	<b>INSTRUCTOR</b>
9am – 10am	Intermediate (Studio 2)	Nicola
10.10am – 11.10am	Improvers (Studio 2)	Nicola
4.30pm – 5.15pm	Chair Exercise Class ( <b>MEVH</b> )	Jenny
5.30pm – 6.30pm	Improvers ( <b>MEVH</b> )	Jenny
6.30pm - 7.30pm	Improvers ( <b>MEVH</b> )	Jenny
<b>THURSDAY</b>	<b>DESCRIPTION</b>	<b>INSTRUCTOR</b>
8.30am - 9.30am	Intermediate (Zoom)	Jenny
10.30am – 11.30am	Improvers (Studio 2)	Elle
10.30am – 11.30am	Improvers ( <b>MEVH</b> )	Jenny
11.30am - 12.30pm	Intermed/Improvers ( <b>MEVH</b> )	Jenny
6.30pm – 7.30pm	Soul Flow Yoga (Studio 2)	Abi
<b>SATURDAY</b>	<b>DESCRIPTION</b>	<b>INSTRUCTOR</b>
12.30pm – 2.30pm	Optional Introduction Workshop	Jenny