

SUMMER PILATES TIMETABLE

Monday 2nd June – Friday 18th July 2025

MONDAY	DESCRIPTION	INSTRUCTOR
9.30am -10.30am	Improvers (Studio)	Nicola
10.45am – 11.45am	Improvers (Studio)	Nicola
7.15pm – 8.15pm	Improvers (Studio)	Jenny
TUESDAY	DESCRIPTION	INSTRUCTOR
8.30am - 9.30am	Dynamic (Zoom)	Jenny
9.40am – 10.40am	Beginners (Studio)	Becky
10.45am – 11.45am	Improvers (Studio)	Jenny
11.45am - 12.45pm	Intermed/Improvers (Studio)	Jenny
6pm – 7pm	Hatha Yoga (Studio)	Abi
WEDNESDAY	DESCRIPTION	INSTRUCTOR
8.45am – 9.45am	Intermediate (Studio)	Nicola
10.05am – 11.05am	Improvers (MEVH)	Nicola
11.15am – 12.15pm	Improvers (MEVH)	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)	Elle
10.30am – 11.30am	Improvers (MEVH)	Jenny
11.30am - 12.30pm	Intermed/Improvers (MEVH)	Jenny
SATURDAY	DESCRIPTION	INSTRUCTOR
9.30am - 10.30am	Hatha Yoga (Studio)	Abi