

EXTRA HALF TERM PILATES CLASSES AVAILABLE

Christmas Half Term Dec Mon 24th to Jan Fri 4th 2019

PAYMENT METHODS:

Bank Transfer : acc no 70770153 sort code 089250 ref Surname|Day|Time

Cash : Please put in an envelope with your name and class details

Chq : Please add your class details to the back of the cheque

Credit/Debit card machine: At Reception or by Phone

Website : Pay for your TERM TIME classes via our website booking system

Online : Go to <https://app.gymcatch.com/> Search for THE BODY JUNCTION and click on the search result.

For TERM classes Please click on PACKAGES to find your usual class.

For HOLIDAY classes Please click on SCHEDULE and click on the calendar date to see classes available for that date

Please note that no bookings will be taken without payment

TERM CLASSES START ON: Monday 7th Jan (6 weeks)

PILATES:

BALLET BARRE: ALL Classes This term 6 Wks £60 To avoid disappointment please pay to reserve your place

BACK CLASSES:

Day	Time	Class	Teacher
Mon 24th Dec	CLOSED	FOR CHRISTMAS	
Tue 25th Dec	CLOSED	FOR CHRISTMAS	
Wed 26th Dec	CLOSED	FOR CHRISTMAS	
Thurs 27th Dec	09:30 - 10:25	Mixed Level	Jen
	19:20 - 20:15	Mixed Level	Charlotte
Fri 28th Dec	9.30 - 10.25	Mixed Level	Charlotte
Mon 31st Dec	9.20 - 10.15	Intermediate	Charlotte
	14.30 - 15.25	Mixed Level	Charlotte
Tue 1st Jan	CLOSED	FOR NEW YEAR	
Wed 2nd Jan	10:20 - 11:15	Mixed Level	Jen
	16:00 - 16:55	Total Barre	Sarah W
	17:30 - 18:25	Induction/Beginners	Katy
	19:30 - 20:30	Ballet Barre (equip studio)	Daisy
Thu 3rd Jan	10:30 - 11:25	Mixed level	Sarah W
	13:55 - 14:50	Special Back Class	Rebecca
	17:15 - 18:10	Beginners	Mel
	18:20 - 19:15	Pilates Chill Out	Sarah W
	19:20 - 20:15	Mixed Level	Charlotte
Fri 4th Jan	09:30 - 10:25	Mixed Level	Charlotte
	11:30 - 12:25	Beginners	Jen
	16:00 - 17:00	Tai Chi	Sarah
Sat 5th Jan	10.30 - 11.45	Garuda	Sally

Holiday Pilates Classes £9, Ballet Barre & Back Class £10, Induction £10

* Total Barre with Sarah begins with a flowing warm up and includes Barre Work, Upper toning with weights, core work out using the mini ball and a stretch to finish

*Gentle Tai Chi & Qi Gong with a 10 min relaxation session to end.