

EXTRA HALF TERM PILATES CLASSES AVAILABLE

February Half Term 18th to 22nd February 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 25th FEBRUARY 6 week TERM WILL BE £60

ALL CLASSES ARE £10 PER SESSION

To avoid disappointment please pay WHEN BOOKING to reserve your place

Day	Time	Class	Teacher
Mon 18th Feb	09.20 - 10.15	Mixed Level	Charlotte
	18.00 - 18.55	Gentle Tai Chi/Qi Gong *	Sarah
	19.00 - 19.55	Mixed Level	Charlotte
Tues 19th Feb	09.20 - 10.15	Mixed Level	Charlotte
	10.30 - 11.25	Mixed Level	Lucy
	18.00 - 19.00	Induction/Beginners	Mel
Wed 20th Feb	10.20 - 11.20	Mixed Level	Jen
	16.00-16.55	Total Barre Taster *	Sarah
	17.30 - 18.25	Beginners	Katy
	19.30 - 20.25	Ballet Barre	Daisy
Thurs 21st Feb	10.30 - 11.25	Mixed Level	Sarah
	18.20 - 19.15	Mixed Level	Sarah
	19.20 - 20.15	Mixed Level	Charlotte
Fri 22nd Feb	09.10 - 10.05	Mixed Level	Charlotte
	11.30 - 12.25	Mixed Level	Jen

All classes £10, All in Main studio

*** 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.**

NEXT TERM: Sarah Total Barre Weeks 2, 4 & 6

Weeks 1 & 3 - Tai Chi drop in Class (SW away Week 5 so no class)