

## SUMMER 2019 - EXTRA CLASSES DROP IN/COURSES

Teachers			Week 1 Jul 29-Aug 2nd	Week 2 Aug 5th-9th	Week 3 Aug 12th -16th	Week 4 Aug 19th -23rd	Week 5 Aug 26th-30th	Week 6 Sept 2nd-6th							
<b>MON</b>	9.20am	Charlotte	29	Mixed Level	5	Mixed Level	12	Mixed Level	19	Mixed Level	26	This is a bank Holiday	2	****	
	10.30am	Charlotte		Mixed Level		Foot Focus		Mixed Level		****					Mixed Level
	2.30pm	Charlotte		Mixed Level		Mixed Level		Mixed Level		Mixed Level					****
	6.00pm	Sarah		****		Total Barre		Tai Chi		Total Barre					Tai Chi
	7.00pm	Daisy / Charlotte		Ballet Barre-Daisy		****		****		****					Ballet Barre
	7.00pm	Charlotte		****		****		****		Mixed Level					****
	8.00pm	Daisy		****		Mixed Level		****		Mixed Level					****
<b>TUE</b>	9.00am	Lucy	30	Beginners	6	Beginners	13	Beginners	20	Beginners	27	****	3	Induction	
	10.15am	Lucy		Mixed Level		Mixed Level		Mixed Level		Mixed Level		****		Mixed Level	
	2.00pm	Charlotte/Lucy		Mixed Level		****		****		****		****		****	
	3.00pm	Maryann		Fitness class		Fitness class		Fitness Class		Mixed Level		****		Fitness Class	
	5.20pm	Sarah		****		Mixed Level		Total Barre		Mixed Level		****		Ball	
	6.30pm	Mel		****		****		****		****		****		Mixed Level	
	7.30pm	Mel		****		****		****		Beginners		Beginners		Induction	
<b>WED</b>	8.15am	Katy	31	****	7	****	14	Beginners	21	Beginners	28	****	4	Beginners	
	10.15am	Rose		Gentle Yoga		****		****		****		****		****	
	10.15am	Jen		****		Mixed Level		Mixed Level		Mixed Level		Mixed Level		****	
	4.00pm	Sarah		****		Mixed Level		Total Barre		Mixed Level		****		Total Barre	
	5.30pm	Katy		****		****		****		Mixed Level		****		****	
	6.30pm	Charlotte		Mixed Level		Mixed Level		****		Mixed Level		****		Mixed Level	
	7.30pm	Daisy		****		****		Mixed Level		****		Ballet Barre		****	
<b>THU</b>	9.30am	Jen	1	Mixed Level	8	Mixed Level	15	Stretch Class	22	Mixed Level	29	Mixed Level	5	Mixed Level CF	
	10.30am	Sarah		****		Mixed Level		Mixed Level		Mixed Level		****		Mixed Level	
	5.15pm	Mel		****		****		****		Induction		Mixed Level		Mixed Level	
	6.20pm	Sarah		****		Mixed Level		Ball		Mixed Level		****		Mixed Level	
	7.20pm	Lucy/ Charlotte		Mixed Level		Intermediate Lucy		Mixed Level CF		Mixed Level Lucy		Mixed Level CF		****	
<b>FRI</b>	9.30am	Charlotte/Maryann	2	2 hour	9	Mixed Level Yoga	16	Mixed Level	23	****	30	Mixed Level Yoga	6	Mixed Level	
	10.30am	Charlotte		Fascia Class		****		Mixed Level		****		****		****	
	11.30am	Jen		****		Roller		****		****		Mixed Level		****	

**COST:** SUMMER PILATES CLASS £10 a class with a special offer of 5 classes or more @ £8 each | **BARRE CLASS** £10 |

**FITNESS CLASS (45MIN) @ £8 | TAI CHI** £10 | **FASCIA** £18 | **YOGA** £10

**BOOKING A PILATES COURSE?:** Preference will be given to course bookings (same day/time each week)

**HOW TO BOOK:** Please use the booking sheet found in reception. Payment and booking form required **IN ADVANCE** to confirm your place.

**PLEASE DO NOT GIVE IN FORMS WITHOUT PAYMENT (UNLESS PAYING BY BACS - Please indicate this on the form)**

**METHOD:** Bacs payment acc no 70770153 sort code 089250 co- op account Please use your name as reference | Cash or cheques to 'The Body Junction'

**NEXT TERM:** Starts back on **Monday 9th September** - It's a 7 week term @ £70 for PILATES