

EXTRA HALF TERM PILATES CLASSES AVAILABLE

Christmas Half Term Dec Mon 23rd to Jan Fri 3rd 2020

PAYMENT METHODS:

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

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

For TERM classes Please click on COURSES 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

FITNESS: £8
PILATES & BARRE: £10
GARUDA: £12

Back on Monday 6th January - 6 week term
 To avoid disappointment please pay to reserve your place

Day	Time	Class	Teacher
Mon 23rd Dec	18:00-18:55	Total Barre	Sarah
Tues 24th Dec	CLOSED 1/2 day FOR CHRISTMAS		
Wed 25th Dec	CLOSED FOR CHRISTMAS		
Thur 26th Dec	CLOSED FOR CHRISTMAS		
Fri 27th Dec	09:30 - 10:25	Mixed Level	Charlotte
	11.30-12.25	Mixed Level	Jen
Mon 30th Dec	9.20 - 10.15	Intermediate	Charlotte
	14.30 - 15.25	Mixed Level	Charlotte
Tues 31st Dec	CLOSED 1/2 day FOR NEW YEAR		
Wed 1st Jan	CLOSED FOR NEW YEAR		
Thurs 2nd Jan	10:30 - 11:25	Mixed Level	Sarah W
	18:20 - 19:15	Mixed Level	Sarah W
	19.20-20.15	Mixed Level	Charlotte
Fri 3rd Jan	09:30 - 10:25	Mixed level	Charlotte
	10.30-11.25	Induction	Katy
	11.30-12.25	Mixed level	Jen
	12:45 - 13:30	Fitness Class	Maryann
Sat 11th Jan	11.00-12.15	Garuda	Sally P

* 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