

AUGUST Pilates Classes 2020

Times & Teachers			Week 1 August 3rd-7th	Week 2 Aug10th - 14th	Week 3 Aug 17th-21st	Week 4 Aug 24th -28th	£				
MON	10.00am	Charlotte	3	Mixed Level	10	Mixed Level	17	Mixed Level	24	Mixed Level	£ 48.00
	7.15pm	Charlotte		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£ 48.00
TUE	9.00am	Lucy	4	Beginners	11	Beginners	18	Beginners	25	Beginners	£ 48.00
	6.30pm	Mel		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£ 48.00
WED	9.30am	Jen	5	Mixed Level	12	Mixed Level	19	Mixed Level	26	Mixed Level	£ 48.00
	4.00pm	Sarah		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£ 48.00
THU	9.00am	Jen	6	Mixed Level	13	Mixed Level	20	Mixed Level	27	Mixed Level	£ 48.00
	7.30pm	Charlotte		Intermediate		Intermediate		Intermediate		Intermediate	£ 48.00
FRI	9.20am	Charlotte	7	Mixed level	14	Mixed level	21	Mixed Level	28	Mixed Level	£ 48.00
	10.40am	Charlotte		Gentle ML		Gentle ML		Gentle ML		Gentle ML	£ 48.00

*Different Teacher or class. Please note all class time changes

4-6 clients per class

Sorry No swaps

BOOKING A PILATES COURSE £48 for a 4 week course, Preference will be given to course bookings then open to booking individual classes at £12 a class

HOW TO BOOK: Please use the booking app Gymcatch. Or on webpage- www.gymcatch.com then search The Body Junction

METHOD: Gymcatch or Bacs payment acc no 70770153 sort code 089250 co- op account Please use your name as reference with letter of day & time of class i.e. JanetSmith M 10.30

NEXT TERM: Starts back on Monday 7th September - For a 7 week term