

## September/October 21

Times & Teachers			Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	£							
			Sep 6th-11th	Sep 13th-18th	Sep 20th-25th	Sep 27th-Oct 2nd	Oct 4th-9th	Oct 11th-16th	Oct 18th-23rd								
<b>MON</b>	<b>8.50am</b>	Charlotte	6th	Mixed level/Zoom*	13th	Mixed Level/Zoom*	20th	Mixed Level/Zoom*	27th	Mixed Level/Zoom*	4th	Mixed Level/Zoom*	11th	Mixed Level/Zoom*	18th	Mixed Level/Zoom*	£70.00
	<b>10.00am</b>	Charlotte		Mixed level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£70.00
	<b>2.00pm</b>	Maryann		Beginners		Beginners		Beginners		Beginners		Beginners		Beginners		Beginners	£70.00
	<b>7.00pm</b>	Charlotte		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£70.00
<b>TUE</b>	<b>10:00am</b>	Lucy	7th	Mixed level/Zoom*	14th	Mixed Level/Zoom*	21st	Mixed Level/Zoom*	28th	Mixed Level/Zoom*	5th	Mixed Level/Zoom*	12th	Mixed Level/Zoom*	19th	Mixed Level/Zoom*	£70.00
	<b>12:30pm</b>	Lucy		Interm/Advanced		Interm/Advanced		Interm/Advanced		Interm/Advanced		Interm/Advanced		Interm/Advanced		Interm/Advanced	£70.00
	<b>2:30pm</b>	Lucy		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed level		Mixed level		mixed level	£70.00
	<b>6.30pm</b>	Mel		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£70.00
<b>WED</b>	<b>9.30am</b>	Jen	8th	Mixed Level	15th	Mixed Level	22nd	Mixed Level	29th	Mixed Level	6th	Mixed Level	13th	Mixed Level	20th	Mixed Level	£70.00
	<b>10.40am</b>	Jen		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£70.00
	<b>5.15pm</b>	Lucy		Beginners		Beginners		Beginners		Beginners		Beginners		Beginners		Beginners	£70.00
<b>THU</b>	<b>8.30am</b>	Jen	9th	Mixed Level	16th	Mixed Level	23rd	Mixed Level	30th	Mixed Level	7th	Mixed Level	14th	Mixed Level	21st	Mixed Level	£70.00
	<b>9.40am</b>	Jen		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£70.00
	<b>7.00pm</b>	Charlotte		Intermediate		Intermediate		Intermediate		Intermediate		Intermediate		Intermediate		Intermediate	£70.00
<b>FRI</b>	<b>9.20am</b>	Charlotte	10th	Mixed level	17th	Mixed level	24th	Mixed Level	1st	Mixed Level	8th	Mixed Level	15th	****	22nd	Mixed Level	£60.00
	<b>10.30am</b>	Charlotte		Mixed Level/Zoom*		Mixed Level/Zoom*		Mixed Level/Zoom*		Mixed Level/Zoom*		Mixed Level/Zoom*		****		Mixed Level/Zoom*	£60.00
<b>SAT</b>	<b>10:15am</b>		11th	Sat & Sunday Qigong Workshop	18th		25th		2nd	Garuda with Sally	9th	Roller release	16th		23rd		£15 Drop in classes

### Small Classes of less than 9

\*Live group class and also available via Zoom\* Saturday classes 1.5 hours

**BOOKING A PILATES COURSE or BUNDLE: £70 for a 7 week course or 7 individual classes.**

Preference will be given to course bookings then open to booking individual classes at £11 a class

**HOW TO BOOK:** Please use the booking app Gymcatch. Or on webpage- [www.gymcatch.com](http://www.gymcatch.com) then search The Body Junction.

**METHOD:** Gymcatch or Bacs payment acc name: C Farrant T/A The Body Junction 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**