

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			
MON	8.50am	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
	10.00am	Charlotte		Mixed level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£70.00
	2.00pm	Maryann		Beginners		Beginners		Beginners		Beginners		Beginners		Beginners		Beginners	£70.00
	7.00pm	Charlotte		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£70.00
TUE	10:00am	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
	12:30pm	Lucy					Intermediate					Intermediate				Intermediate	£11 per class
	2:30pm	Lucy						Induction/Taster								Induction/Taster	£9 per Taster
	6.30pm	Mel		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£70.00
WED	9.30am	Jen	8th	Mixed Level	15th	Mixed Level	22nd	Mixed Level	29th	Mixed Level	6th	Mixed Level	13th	Mixed Level	20th	Mixed Level	£70.00
	5.15pm	Lucy		Beginners		Beginners		Beginners		Beginners		Beginners		Beginners		Beginners	£70.00
THU	8.30am	Jen	9th	Mixed Level	16th	Mixed Level	23rd	Mixed Level	30th	Mixed Level	7th	Mixed Level	14th	Mixed Level	21st	Mixed Level	£70.00
	9.40am	Jen		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level		Mixed Level	£70.00
	7.00pm	Charlotte		Intermediate		Intermediate		Intermediate		Intermediate		Intermediate		Intermediate		Intermediate	£70.00
FRI	9.20am	Charlotte	10th	Mixed level	17th	Mixed level	24th	Mixed Level	1st	Mixed Level	8th	Mixed Level	15th	****	22nd	Mixed Level	£60.00
	10.30am	Charlotte		Mixed Level/Zoom*		Mixed Level/Zoom*		Mixed Level/Zoom*		Mixed Level/Zoom*		Mixed Level/Zoom*		****		Mixed Level/Zoom*	£60.00
SAT	10:15am		11th	Sat & Sunday Qigong Workshop	18th		25th		2nd	Garuda with Sally	9th	Roller release £10	16th		23rd		£15 Drop in classes

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 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