

Day	Time	Class	Teacher	Summer classes- July 25th -Sep 2nd						£
				1	2	3	4	5	6	
MON	10:00-10:55	Mixed Level	Katy	25-Jul	01-Aug	08-Aug	***	22-Aug	Bank Holiday	£10
	14:00-14:55	Beginners	Maryann	***	01-Aug	***	15-Aug	***		£10
	18:30-19:25	Mixed Level	Charlotte	25-Jul	***	08-Aug	***	22-Aug		£10
TUE	10.00-10.55	Mixed Level	Charlotte	26-Jul	02-Aug	09-Aug	***	23-Aug	30-Aug	£10
	11.15-12.10	Back care / Beginners	Charlotte	26-Jul	02-Aug	09-Aug	***	23-Aug	30-Aug	£10
	18.00-18.55	Induction	Mel	***	***	***	***	***	30-Aug	£10
	19.00-19.55	Mixed Level	Mel	***	***	09-Aug	16-Aug	23-Aug	30-Aug	£10
WED	09:30-10:25	Mixed Level	Jen	***	03-Aug	***	17-Aug	***	31-Aug	£10
	10.30-11.25	Mixed Level	Jen	***	03-Aug	***	17-Aug	***	31-Aug	£10
	17.15-18.10	Mixed Level	Maryann	27-Jul	***	***	17-Aug	24-Aug	***	£10
THUR	19:00-19:55	Mixed Level	Charlotte	28-Jul	04-Aug	***	***	25-Aug	01-Sep	£10
FRI	10:00-10:55	Gentle Mixed Level	Daisy	***	***	12-Aug	19-Aug	***	***	£10
	9.30-10.25	Gentle Mixed Level	Charlotte	29-Jul	05-Aug	***	***	***	02-Sep	£10
SAT	9.30-11.00	Gyrokinesis	Leah	***	***	13-Aug	***	***	***	£15
	10.30-12.00	Garuda	Sally	***	***	***	20-Aug	***	***	£15

Summer Bundle 6 classes only £50 or £10 per class *not including Saturday Workshops*

Book your space in advance via GymCatch or use booking form

Please note a minimum of 3 pax attendance is required for classes to run.

Next Term Resumes September 5th for 7 weeks

*** No Classes this day