**Studio Timetable 2018** **Complementary Health Centre, Lee**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **TIME** | **8.30**  **am** | **09.00** | **09.30** | **10.00** | **10.30** | **11.00** | **11.30** | **12.00** | **12.30** | **1.00**  **pm** | **1.30** | **2.00** | **2.30** | **3.00** | **3.30** | **4.00** | **4.30** | **5.00** | **5.30** | **6.00** | **6.30** | **7.00** | **7.30** | **8.00** | | **8.30** | | **9.00** | | **9.30** | |
| **MONDAY** |  |  | **PILATES**  Nicole Gatter  9.30 -10.45am | | | **TAI CHI**  Martin Gatter  11- 12pm | | |  | **PILATES**- Body based cond Nikki Moss  1-2.15pm | | |  |  |  |  |  |  |  |  |  | **PILATES**-Body based cond Nikki Moss  7-8.15 pm | | | | **PILATES PLUS**  Tara Riley  8.30-9.15 pm | | | | | |
| **TUESDAY** |  |  |  | **PILATES**  Nicole Gatter  10-11.15am | | | **PILATES**  Nicole Gatter 11.30 -12.45pm | | |  |  |  |  |  |  |  |  |  |  |  | **PILATES**  Linda Davies 6.40- 7.55 | | | **PILATES**  Linda Davies 8-9.15 pm | | | | | |  | |
| **WEDNESDAY** |  |  |  | **PILATES**  Linda Davies  10-11.15am | | | **PILATES**  Linda Davies  11.50-1pm | | |  |  | **POST-NATAL PILATES** Esther White 2-3pm | | |  |  |  |  |  |  | **YOGA**  Nicky Lowe  7-8.15pm | | | |  | |  | |  | |  |
| **THURSDAY** |  |  |  | **YOGA**  Anna Ferla  9.30-10.45am | | | **FELDENKRAIS** Hannah Wheeler  Cover Rainer Knupp 11.30 -12.30pm | | | **PILATES**- Body based cond Nikki Moss  1-2.15pm | | |  |  |  |  |  |  |  |  |  | **FELDENKRAIS**  Hannah Wheeler  Cover Rainer Knupp  7-8pm | | | | **TAI CHI**  Gareth Pryce  8-9.30 pm | | | | | |
| **FRIDAY** |  |  |  | **PILATES**  Wendy McGovern  10-11am | | | **PILATES**  Wendy McGovern  11.10-12.10am | | | **PILATES** Wendy McGov 12.20- 1.20pm | | |  |  |  |  |  |  |  |  |  |  | **HYPNOBIRTHING**  Sophie Kirkham  7.30-10pm (Occasional) | | | | | | | | |
| **SATURDAY** |  |  |  |  | **PILATES**  Nicole Gatter 10.30 -11.45 | | | **PILATES**  Nicole Gatter 12- 1.15pm | | |  | **MINDFULNESS**  Mary Galbraith 13.30-17.30  4 week courses (starts 27.10.18) | | | | | | | |  |  |  |  |  | |  | |  | |  | |
| **SUNDAY** |  |  |  | **HYPNOBIRTHING**  Sophie Kirkham  7.30-10pm (Occasional) | | | | | | | | | | | | | |  |  |  |  | **DAISY BIRTHING**  Louise Dodimead  7.30-9pm *-6 week courses* | | | | | | | | | |

**Complementary Health Centre, Lee** 

**CLASS \*EXERCISE\* ACTIVITY\* VITALITY\* HEALTH\* WELLBEING**

**Feldenkrais Method**

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**Hypnobirthing**

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**Pilates**

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**Pilates- Based Body Conditioning**

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**Post-Natal Pilates**

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**Tai Chi & Kung Fu – Li Style system**

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**Tai Chi – Beginners**

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**Yoga**

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**To book a class call: Lee Complementary Health Centre 020 8297 8887**

**WORKSHOPS, EVENTS AND OPEN DAYS:**

**We host and run a number of Health and Wellbeing workshops, events and open days**

**Contact us on 020 8297 8887 or** [**info@chc-lee.co.uk**](mailto:info@chc-lee.co.uk) **to find out more**