**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 Gatter9.30 -10.45am | **TAI CHI**Martin Gatter11- 12pm |  | **PILATES**- Body based cond Nikki Moss1-2.15pm |  |  |  |  |  |  |  |  |  | **PILATES**-Body based cond Nikki Moss7-8.15 pm | **PILATES PLUS**Tara Riley8.30-9.15 pm |
| **TUESDAY** |  |  |  | **PILATES**Nicole Gatter10-11.15am | **PILATES**Nicole Gatter 11.30 -12.45pm |  |  |  |  |  |  |  |  |  |  |  | **PILATES**Linda Davies 6.40- 7.55 | **PILATES**Linda Davies 8-9.15 pm |  |
| **WEDNESDAY** |  |  |  | **PILATES**Linda Davies10-11.15am | **PILATES**Linda Davies11.50-1pm |  |  | **POST-NATAL PILATES** Esther White 2-3pm |  |  |  |  |  |  | **YOGA**Nicky Lowe7-8.15pm |  |  |  |  |
| **THURSDAY** |  |  |  | **YOGA**Anna Ferla9.30-10.45am | **FELDENKRAIS** Hannah WheelerCover Rainer Knupp 11.30 -12.30pm | **PILATES**- Body based cond Nikki Moss 1-2.15pm |  |  |  |  |  |  |  |  |  | **FELDENKRAIS**Hannah WheelerCover Rainer Knupp7-8pm | **TAI CHI**Gareth Pryce8-9.30 pm |
| **FRIDAY** |  |  |  | **PILATES** Wendy McGovern 10-11am | **PILATES** Wendy McGovern 11.10-12.10am | **PILATES** Wendy McGov 12.20- 1.20pm |  |  |  |  |  |  |  |  |  |  | **HYPNOBIRTHING**Sophie Kirkham7.30-10pm (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 Kirkham7.30-10pm (Occasional) |  |  |  |  | **DAISY BIRTHING** Louise Dodimead7.30-9pm *-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** **to find out more**