

TO BOOK: CALL 020 82978887

EMAIL: [info@chc-lee.co.uk](mailto:info@chc-lee.co.uk)

## Studio Timetable 2019



## Complementary Health Centre, Lee

TIME	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	
<b>MONDAY</b>		<b>PILATES</b> Nicole Gatter 9.30 -10.45am			<b>TAI CHI</b> Martin Gatter 11- 12pm				<b>PILATES- Body based cond</b> Nikki Moss 1-2.15pm												<b>PILATES-Body based cond</b> Nikki Moss 7-8.15 pm			<b>PILATES PLUS</b> Tara Riley 8.30-9.15 pm <b>NEW</b>			
<b>TUESDAY</b>			<b>PILATES</b> Nicole Gatter 10-11.15am		<b>PILATES</b> Nicole Gatter 11.30 -12.45pm				<b>DAISY TINIES</b> L Dodimead 1.15-2.15 <b>NEW</b>		<b>DAISY Wrigglers</b> L Dodimead 2.30-3.30 <b>NEW</b>									<b>PILATES</b> Linda Davies 6.40- 7.55		<b>PILATES</b> Linda Davies 8-9.15 pm					
<b>WEDNESDAY</b>			<b>PILATES</b> Linda Davies 10-11.15am		<b>PILATES</b> Linda Davies 11.50-1pm					<b>POST-NATAL PILATES</b> Esther White 2-3pm												<b>YOGA</b> Nicky Lowe 8.15-9.30pm <b>NEW</b>					
<b>THURSDAY</b>			<b>YOGA</b> Anna Ferla 9.30-10.45am		<b>FELDENKRAIS</b> Hannah Wheeler Cover Rainer Knupp 11.30 -12.30pm				<b>PILATES- Body based cond</b> Nikki Moss 1-2.15pm															<b>TAI CHI</b> Gareth Pryce 7.30-9 pm			
<b>FRIDAY</b>			<b>PILATES</b> Wendy McGovern 10-11am		<b>PILATES</b> Wendy McGovern 11.10-12.10am				<b>PILATES</b> Wendy McGov 12.20-1.20pm																		
<b>SATURDAY</b>			<b>PILATES</b> Nicole Gatter 10.30 -11.45		<b>PILATES</b> Nicole Gatter 12- 1.15pm																						
<b>SUNDAY</b>																					<b>DAISY BIRTHING NEW</b> Louise Dodimead 7.30-9pm -6 week courses						

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## 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: Complementary Health Centre, Lee 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**