**Studio Timetable 2020 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 -10.30am | **TAI CHI**Martin Gatter11- 12pm |  | **PILATES**- Body based cond Nikki Moss1-2.pm |  |  |  |  | **TEEN YOGA**Abby Harte4.30-5.30**NEW** |  |  | **PILATES**-Body based cond Nikki Moss7.15-8.15 pm | **PILATES PLUS**Tara Riley8.30-9.15 pm |
| **TUESDAY** |  |  |  | **PILATES**Nicole Gatter10-11.00am | **PILATES**Nicole Gatter 11.15 -12.15pm |  | **DAISY TINIES**L Dodimead1.15-2.15NEW | **DAISY WRIGGLERS**2.30-3.30NEW |  |  |  |  | **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 |  |  |  |  |  |  |  |  |  |  |  |   |  |  | **YOGA**Nicky Lowe7.45-9pm |  |
| **THURSDAY** |  **BOOTY BARRE**Tara Riley7-7.45NEW | **YOGA**Anna Ferla9.30-10.45am | **FELDENKRAIS** Hannah WheelerCover Rainer Knupp 11.30 -12.30pm | **PILATES**- Body based cond Nikki Moss 1-2.00pm |  |  |  |  |  |  |  |  |  |  |  |  | **TAI CHI**Gareth Pryce7.30-9 pm |
| **FRIDAY** |  |  |  | **PILATES** Wendy McGovern 10-11am | **PILATES** Wendy McGovern 11.10-12.10am | **PILATES** Wendy McGov 12.20- 1.20pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **SATURDAY** |  |  |  |  | **PILATES**Nicole Gatter 10.30 -11.30 | **PILATES** Nicole Gatter 11.45-12.45pm |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **SUNDAY** |  | **Beginners Pilates**9-10amKatrina**NEW** | **Beginners Ballet**10.05-11.05Katrina**NEW** | **Post natal/pelvic floor Pilates**11.15-12Katrina **NEW** |  |  |  |  |  |  |  |  |  | **DAISY BIRTHING** Louise Dodimead 6.30-8pm *-6 weeks* |  |  |  |  |