**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 Gatter  9.30 -10.30am | | | | **TAI CHI**  Martin Gatter  11- 12pm | | | |  | **PILATES**- Body based cond Nikki Moss  1-2.pm | | | | |  |  |  |  | **TEEN YOGA**  Abby Harte  4.30-5.30  **NEW** | | |  |  | **PILATES**-Body based cond Nikki Moss  7.15-8.15 pm | | | | | | | | | | | **PILATES PLUS**  Tara Riley  8.30-9.15 pm | | | | | |
| **TUESDAY** |  |  |  | **PILATES**  Nicole Gatter  10-11.00am | | | | **PILATES**  Nicole Gatter 11.15 -12.15pm | | | |  | **DAISY TINIES**  L Dodimead  1.15-2.15NEW | | | | | **DAISY WRIGGLERS**  2.30-3.30NEW | | |  |  |  |  | **PILATES**  Linda Davies 6.40- 7.55 | | | | | | | | | | **PILATES**  Linda Davies 8-9.15 pm | | | | | | |  |
| **WEDNESDAY** |  |  |  | **PILATES**  Linda Davies  10-11.15am | | | | **PILATES**  Linda Davies  11.50-1pm | | | |  |  | |  | |  |  |  |  |  |  |  |  |  | | |  | | | |  | | | **YOGA**  Nicky Lowe  7.45-9pm | | | | | | |  |
| **THURSDAY** | **BOOTY BARRE**  Tara Riley  7-7.45  NEW | | | **YOGA**  Anna Ferla  9.30-10.45am | | | | **FELDENKRAIS** Hannah Wheeler  Cover Rainer Knupp 11.30 -12.30pm | | | | **PILATES**- Body based cond Nikki Moss  1-2.00pm | | | | |  |  |  |  |  |  |  |  |  | |  | | | |  | | |  | | | **TAI CHI**  Gareth Pryce  7.30-9 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**  9-10am  Katrina  **NEW** | | | | **Beginners Ballet**  10.05-11.05  Katrina  **NEW** | | | **Post natal/pelvic floor Pilates**  11.15-12  Katrina **NEW** | | | | |  | |  |  |  |  |  |  |  |  | **DAISY BIRTHING**  Louise Dodimead 6.30-8pm *-6 weeks* | | | | | | | | | | | |  |  | | |  | |  |