Studio Timetable 2022

Complementary Health Centre, Lee

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 9.20 -10.20am				**TAI CHI** Martin Gatter 1100- 1200pm			**PILATES**- Body based cond Nikki Moss 1:00-2: 00.pm													YOGA Isabel Valdes 19:15- 20:15				
TUESDAY								**PILATES** Nicole Gatter 11.15 -12.15pm													**PILATES** Linda Davies 6.40- 7.55			**PILATES** Linda Davies 08:0 -9.15 pm		
WED				**PILATES** Linda Davies 10:00-11.15am				**PILATES** Linda Davies 12:00-13:15pm													YOGA Emma Harris 6:30- 7:30					
THURSDAY				**Feldenkrais** Rainer Knupp 10:00-11:00															YOGA Kate O'Neil 5:45- 6:45							**TAI CHI** Gareth Pryce 7.30-9 pm		
FRIDAY							Daisy birthing Loise Dodiemead 11:30 – 12:30																				
SATURDAY								**PILATES** Nicole Gatter 11.45-12.45pm																			
SUNDAY																											