TO BOOK : CALL 020 8297 8887 **EMAIL: info@chc-lee.co.uk**

Studio Timetable March 2023 Complementary Health Centre, Lee

Time	8.30 a.m.	9	9.30	10	10.30	11	11.30	12	12.30 p.m.	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9
MONDAY			Nicole Gatter PILATES 9.20 – 10.20 am			Martin Gatter TAI CHI 11-12pm		Martin Gatter Beginner's TAI CHI 12-1 pm		Nikki Moss PILATES 1-2pm												Sally Child YOGA 7.15-8.15pm				
TUESDAY						Nicole Gatter PILATES 11.15 - 12.15pm			Emma Harris YOGA 12.30-1.15pm												Linda Davies PILATES 6.40 - 7.55pm		Linda Davies PILATES 8-9.15pm			
WEDNESDAY				Linda Davies PILATES 10-11.15 am				Linda Davies PILATES 12- 1.15													Emma Harris YOGA 6.30 - 7.30pm		Nicole Gatter PILATES 7.35 - 8.35pm			
THURSDAY				Rainer Knupp FELDENKRAIS 10-11am																			Gareth Pryce TAI CHI 7.30-9pm			
FRIDAY				Rachel Channa BABY MASSAGE 10-11.15am																						
SATURDAY					Tracy Edwards SOUND BOWLS 10.30-11.30		Nicole Gatter PILATES 11.45-12.45																			
SUNDAY																										