



Class Timetable July – August 2026

| Day | Morning | Morning | Morning | Lunchtime | Lunchtime | Evening | Evening | Evening | Evening |
|--------------|--|---|--|--|--|---|---|---|--|
| Mon | 9.30am Yoga Flow Lisa Vera Fletcher | | 10.45am Mixed Level Pilates Lisa Vera Fletcher | 12.00pm Restorative 2 Pilates Lisa Vera Fletcher | 1.00pm Chair Pilates & Yoga Lisa Vera Fletcher | 5.15pm Mixed Level Pilates Lisa Vera Fletcher | New 6.30pm Muscle & Mat Lisa Vera Fletcher | 7.45pm Mixed Level Pilates Lisa Vera Fletcher | 8.00pm Night-time Meditation Helen Live Stream |
| Tues | 9.30am Mixed Level Pilates Lisa Vera Fletcher | 10.45am Restorative 2 Pilates Lisa Vera Fletcher | 11.45am Restorative 1 Pilates Lisa Vera Fletcher | | | | | | |
| Weds | 9.30am Mixed Level Pilates Lisa Guide Hut | | 10.45am Stretch & Relax Lisa Guide Hut | 12.00pm Chair Pilates & Yoga Lisa Guide Hut | | 5.15pm Mixed Level Pilates Lisa Vera Fletcher | 6.30pm Mixed Level Pilates Lisa Vera Fletcher | 6.45pm Meditation & Mindfulness Helen Guide Hut | 7.45pm Stretch & Relax Lisa Vera Fletcher |
| Thurs | 9.30am Yoga Flow Lisa Vera Fletcher | 10.00am Meditation & Mindfulness Helen Guide Hut | 10.45am Mixed Level Pilates Lisa Vera Fletcher | 12.00pm Restorative 1 Pilates Lisa Vera Fletcher | | | | | |
| Fri | | Extra Classes, Workshops, Courses & Retreats. Autumn Schedule Coming Soon See Website for more details | | | | | | | |
| Sat | | | | | | | | | |
| Sun | | | | | | | | | |

--- Yoga --- Stretch & Relax --- Mixed Level Pilates --- Restorative Pilates --- Muscle & Mat

--- Rehab Pilates --- Chair Pilates & Yoga --- Meditation & Mindfulness --- Extra Sessions, Workshops & Courses