



Class Timetable Sept - Oct 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. See Website for more details Sat 5th Sept – Beginners Pilates Workshop with Lisa Sat 12th Sept – Introduction to Meditation with Helen Thurs 24th Sept – Autumn Equinox – Invest in Your Energy Bank Account							
Sat									
Sun									

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

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