Mind Body Maintenance

# Class Timetable June – July 26

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

**--- Yoga** **--- Stretch & Relax** **--- Mixed Level Pilates** **--- Restorative Pilates** **--- Meditation & Mindfulness**

**--- Rehab Pilates** **--- Chair Pilates & Yoga** **--- Extra Sessions, Workshops & Courses**