

Summer Pic n' Mix 20th July – 13th August

To Book: Click on your chosen class & add to basket. To book multiple sessions, add to basket & then click continue shopping, before returning to this document to select another class.

Week One: 20 th – 23 rd July			
Mon 20/7 AM	Tues 21/7 AM	Weds 22/7 AM	Thurs 23/7 AM
9.30am Yoga	9.30am Pilates	9.30am Pilates	9.30am Yoga
10.45am Pilates	10.45am Restorative Pilates	10.45am Stretch & Relax	10.45am Pilates
12.00pm Restorative Pilates	11.45am Restorative Pilates	12.00pm Chair	12.00pm Restorative Pilates
1.00pm Chair			
Mon 20/7 PM		Weds 22/7 PM	
5.15pm Pilates		5.15pm Pilates	
6.30pm Muscle & Mat		6.30pm Pilates	
7.45pm Pilates		7.45pm Stretch & Relax	

Week Two: 27 th – 30 th July			
Mon 27/7 AM	Tues 28/7 AM	Weds 29/7 AM	Thurs 30/7 AM
9.30am Yoga	9.30am Pilates	9.30am Pilates	9.30am Yoga
10.45am Pilates	10.45am Restorative Pilates	10.45am Stretch & Relax	10.45am Pilates
12.00pm Restorative Pilates	11.45am Restorative Pilates	12.00pm Chair	12.00pm Restorative Pilates
1.00pm Chair			
Mon 27/7 PM		Weds 29/7 PM	
5.15pm Pilates		5.15pm Pilates	
6.30pm Muscle & Mat		6.30pm Pilates	
7.45pm Pilates		7.45pm Stretch & Relax	



Mind Body Maintenance

Summer Pic n' Mix

20th July – 13th August

To Book: Click on your chosen class & add to basket. To book multiple sessions, add to basket & then click continue shopping, before returning to this document to select another class.

Week Three: 3 rd – 6 th August			
Mon 3/8 AM	Tues 4/8 AM	Weds 5/8 AM	Thurs 6/8 AM
9.30am Yoga	9.30am Pilates	9.30am Pilates	9.30am Yoga
10.45am Pilates	10.45am Restorative Pilates	10.45am Stretch & Relax	10.45am Pilates
12.00pm Restorative Pilates	11.45am Restorative Pilates	12.00pm Chair	12.00pm Restorative Pilates
1.00pm Chair			
Mon 3/8 PM		Weds 5/8 PM	
5.15pm Pilates		5.15pm Pilates	
6.30pm Muscle & Mat		6.30pm Pilates	
7.45pm Pilates		7.45pm Stretch & Relax	

Week Four: 10 th – 13 th August			
Mon 10/8 AM	Tues 11/8 AM	Weds 12/8 AM	Thurs 13/8 AM
9.30am Yoga	9.30am Pilates	9.30am Pilates	9.30am Yoga
10.45am Pilates	10.45am Restorative Pilates	10.45am Stretch & Relax	10.45am Pilates
12.00pm Restorative Pilates	11.45am Restorative Pilates	12.00pm Chair	12.00pm Restorative Pilates
1.00pm Chair			
Mon 10/8 PM		Weds 12/8 PM	
5.15pm Pilates		5.15pm Pilates	
6.30pm Muscle & Mat		6.30pm Pilates	
7.45pm Pilates		7.45pm Stretch & Relax	