

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9.15-10.15 PILATES IN STUDIO Level 1: £17.50 Sophie</p>	<p>9.15-10.30 PILATES ONLINE Level 3/4: £16.50 Kamila</p>		<p>9.15 -10.15 PILATES ONLINE Level 1: £15 Kamila</p>	<p>9.15-10.15 PILATES IN STUDIO Level 2/3: £17.50 Nadia</p>	<p>9.15-10.30 PILATES ONLINE General: £16.50 Nadia</p>
<p>10.30-11.30 PILATES ONLINE Level 1/2: £15 Victoria</p>	<p>10.40-11.40 PILATES ONLINE Level 3: £15 Kamila</p>	<p>9.45-10.45 PILATES IN STUDIO Level 2/3: £17.50 Clara</p>	<p>10.25-11.25 PILATES ONLINE Level 2: £15 Kamila</p>		
<p>11.30-12.30 BALANCE & STRENGTH STUDIO: £17.50 Andrea</p>	<p>11.50-12.50 DANCE TONE & STRETCH IN STUDIO: £17.50 Sophie</p>	<p>11.00-12.00 ALL MALE PILATES IN STUDIO LEVEL 1/2: £17.50 Clara</p>	<p>10.30-11.30 EXERCISE FOR BONE HEALTH ONLINE: £15 Andrea</p>	<p>11.20-12.20 PILATES ONLINE Level 2: £15 Clara</p>	
<p>12.30 – 13.30 PILATES ONLINE LEVEL 2: £15 Kamila</p>	<p>1.00-2.15 GENTLE GENERAL HATHA YOGA IN STUDIO: £18 Diane</p>				
	<p>5.00-6.15 GENERAL LEVEL FLOW YOGA IN STUDIO: £18 Sabina</p>	<p>6.00-7.00 PILATES ONLINE Level 2/3: £15 Kamila</p>			
	<p>6.30-7.45 GENERAL LEVEL FLOW YOGA IN STUDIO: £18 Sabina</p>			 <p>Physio on the River The Barnes Physiotherapy & Sports Clinic</p>	