



EXERCISE CLASS TIMETABLE

2018

01474 705237

Tuppence House

Brickfield Farm

Main Road

Longfield

Kent

DA3 7PJ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HATHA YOGA 9:00-10:00 Simon Levett £40 / 5 weeks	CARDIAC REHAB PHASE 4 10:30-11:30 Ken Treadwell £7 / a week PAYG	PILATES 07:00-08:00 Sen Ramanathan £10 / a week PAYG	CARDIAC REHAB PHASE 4 10:30-11:30 Gill Wheeler £7 / a week PAYG	T'AI CHI 09:05-10:05 James Drewe £144 / 12 weeks	PILATES 09:15-10:15 Debbie Beadle £48 / 6 weeks	PILATES & STRENGTH CONDITIONING 10:00-11:00 Sen Ramanathan £10 / a week PAYG
HATHA YOGA 10:00-11:00 Simon Levett £40 / 5 weeks	MS SOCIETY EXERCISE 12:00-13:00 Ken Treadwell £6 / a week PAYG	PILATES 09:15-10:15 Joy Weavers £51 / 6 weeks	REDUCED MOBILITY 11:30-12:30 Gill Wheeler £7 / a week PAYG	T'AI CHI 10:15-11:15 James Drewe £144 / 12 weeks	PILATES 10:15-11:15 Debbie Beadle £48 / 6 weeks	
PILATES 11:30-12:30 Joy Weavers £51 / 6 weeks	PILATES 14:00-15:00 Emily Pollington £48 / 6 weeks £8 / a week PAYG	PILATES 10:15-11:15 Joy Weavers £51 / 6 weeks	OVER 60'S EXERCISE 13:00-14:00 Paula Kerr £10 / a week PAYG	PILATES 11:30-12:30 Joy Weavers £51 / 6 weeks	PILATES 11:15-12:15 Debbie Beadle £48 / 6 weeks	
PILATES INTERMEDIATE 12:45-13:45 Joy Weavers £51 / 6 weeks	PILATES 15:00-16:00 Emily Pollington £48 / 6 weeks £8 / a week PAYG	POST NATAL YOGA (Mums and Babies) 11:30-12:45 Jean Atley £40 / 5 weeks	HATHA YOGA 14:30-15:30 Simon Levett £40 / 5 weeks	PILATES 12:30-13:30 Joy Weavers £51 / 6 weeks		
PILATES 14:00-15:00 Joy Weavers £51 / 6 weeks	IYENGAR YOGA FOUNDATION 17:00-18:00 Glenda Jackson £40 / 5 weeks £10 / a week PAYG	PILATES 13:00-14:00 Emma Churchill £48 / 6 weeks	YOGA IN PREGNANCY 17:30-18:45 Jean Atley £40 / 5 weeks	THERAPEUTIC YOGA 14:00-15:00 Jean Atley £42 / 6 weeks		
PILATES 17:30-18:30 Debbie Beadle £48 / 6 weeks	IYENGAR YOGA 18:30-20:00 Glenda Jackson £40 / 5 weeks £10 / a week PAYG	PILATES 14:05-15:05 Emma Churchill £48 / 6 weeks	YOGA IN PREGNANCY 17:30-18:45 Jean Atley £40 / 5 weeks			

PILATES
18:30-19:30
Debbie Beadle
£48 / 6 weeks

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18:00-19:00
Debbie Beadle
£48 / 6 weeks

PILATES
19:00-20:00
Debbie Beadle
£48 / 6 weeks