



**Longfield**

**Integrated  
Care Centre**

Health & Well-being

## **EXERCISE CLASS TIMETABLE**

**2020**

01474 705237

Tuppence House  
Brickfield Farm  
Main Road  
Longfield  
Kent  
DA3 7PJ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HATHA YOGA</b> 9:00-10:00 Simon Levett £40 / 5 weeks	<b>CARDIAC REHAB PHASE 4</b> 10:30-11:30 Ken Treadwell £7 / a week PAYG	<b>PILATES</b> 09:15-10:15 Joy Weavers £51 / 6 weeks	<b>CARDIAC REHAB PHASE 4</b> 10:00-11:00 Gill Wheeler £7 / a week PAYG	<b>T'AI CHI</b> 08:00-09:00 James Drewe £144 / 12 weeks	<b>PILATES</b> 08:00-09:00 Emma Churchill £48 / 6 weeks	
<b>HATHA YOGA</b> 10:00-11:00 Simon Levett £40 / 5 weeks	<b>MS SOCIETY EXERCISE</b> 12:00-13:00 Ken Treadwell £6 / a week PAYG	<b>PILATES</b> 10:15-11:15 Joy Weavers £51 / 6 weeks	<b>REDUCED MOBILITY</b> 11:30-12:30 Gill Wheeler £7 / a week PAYG	<b>T'AI CHI</b> 09:05-10:05 James Drewe £144 / 12 weeks	<b>PILATES</b> 09:15-10:15 Emma Churchill £48 / 6 weeks	
<b>PILATES</b> 11:30-12:30 Joy Weavers £51 / 6 weeks	<b>PILATES</b> 14:00-15:00 Emily Pollington £42.50 / 5 weeks	<b>POST NATAL YOGA</b> (Mums and Babies) 11:30-12:45 Jean Atley £40 / 5 weeks	<b>YOGA</b> 13:00-14:00 Emma Churchill £42 / 5 weeks	<b>T'AI CHI</b> 10:15-11:15 James Drewe £144 / 12 weeks	<b>PILATES</b> 10:15-11:15 Emma Churchill £48 / 6 weeks	
<b>PILATES INTERMEDIATE</b> 12:45-13:45 Joy Weavers £51 / 6 weeks	<b>PILATES</b> 15:00-16:00 Emily Pollington £42.50/5 weeks	<b>PILATES</b> 13:00-14:00 Emma Churchill £48 / 6 weeks	<b>HATHA YOGA</b> 14:30-15:30 Simon Levett £40 / 5 weeks	<b>PILATES</b> 11:30-12:30 Joy Weavers £51 / 6 weeks	<b>BEGINNERS PILATES</b> 11:15-12:15 Emma Churchill £48 / 6 weeks	
<b>PILATES</b> 14:00-15:00 Joy Weavers £51 / 6 weeks	<b>STRETCH, STRENGTHEN, RELAX</b> 16:05-17:05 Ewa Mierzwinska £10/ a week PAYG	<b>PILATES</b> 14:05-15:05 Emma Churchill £48 / 6 weeks	<b>PILATES</b> 16:00-17:00 Chery Jenner £10 / PAYG	<b>PILATES</b> 12:30-13:30 Joy Weavers £51 / 6 weeks		
<b>UNAVAILABLE</b> 15:15-17:15	<b>IYENGAR YOGA FOUNDATION</b> 17:15-18:45 Glenda Jackson £40 / 5 weeks	<b>Art Workshop</b> 15:30-17:00 Jim Maloney £50 / 5 weeks £12 PAYG	<b>YOGA IN PREGNANCY</b> 19:00-20:15 Jean Atley £40 / 5 weeks	<b>THERAPEUTIC YOGA</b> 14:00-15:00 Jean Atley £42 / 6 weeks		
<b>PILATES</b> 17:30-18:30 Debbie Beadle £48 / 6 weeks	<b>IYENGAR YOGA</b> 18:40-20:10 Glenda Jackson £40 / 5 weeks	<b>PILATES</b> 17:20-18:20 Debbie Beadle £48 / 6 weeks		<b>UNAVAILABLE</b> 15:15-17:15		
<b>PILATES</b> 18:30-19:30 Debbie Beadle £48 / 6 weeks		<b>PILATES</b> 18:20-19:20 Debbie Beadle £48 / 6 weeks				
		<b>PILATES</b> 19:20-20:20 Debbie Beadle £48 / 6 weeks				