

Table 1

COURSE LEVEL	DAY	STARTING	TIME	NO	PRICE	FINAL CLASS	TUTOR	ROOM	NOTES
PILATES Advanced Mat	MON	8/4/24	09.30-10.25	4	36	29/4/24	Sarah Watkins	Zoom	<i>Bank Holiday 06/05/24</i>
PILATES Beginner Reform	MON	8/4/24	10:00-10:50	4	68	29/4/24	Veronica Yeates	Reformer Studio	<i>Bank Holiday 06/05/24</i>
PILATES Gentle Mat	MON	8/4/24	10.45-11.40	4	36	29/4/24	Sarah Watkins	In Studio	<i>Bank Holiday 06/05/24</i>
PILATES Reformer Int	MON	8/4/24	11.00-11.50	4	68	29/4/24	Veronica Yeates	Reformer Studio	<i>Bank Holiday 06/05/24</i>
PILATES Int Mat	MON	8/4/24	12.00-12.55	4	36	29/4/24	Veronica Yeates	In Studio	<i>Bank Holiday 06/05/24</i>
SMFR	MON	8/4/24	17.50-18.45	4	36	29/4/24	Veronica Yeates	In Studio	<i>Bank Holiday 06/05/24</i>
PILATES Int Mat	MON	8/4/24	19.00-19.55	4	36	29/4/24	Veronica Yeates	In Studio	<i>Bank Holiday 06/05/24</i>
PILATES Reformer Int	TUES	2/4/24	09.30-10.20	6	102	7/5/24	Veronica Yeates	Reformer Studio	
PILATES Reformer Int	TUES	2/4/24	10.30-11.20	6	102	7/5/24	Veronica Yeates	Reformer Studio	
PILATES Int Mat	TUES	2/4/24	11.45 - 12.40	6	54	7/5/24	Amanda Smith	In Studio	
HIIT	TUES	2/4/24	17.30-18.00	5	30	7/5/24	Veronica Yeates	In Studio	<i>No class 30/04/24</i>
PILATES Reformer Int	TUES	2/4/24	17.30-18.20	6	102	7/5/24	Pip Deave	Reformer Studio	
PILATES Advanced Mat	TUES	2/4/24	18.10 - 19.05	6	54	7/5/24	Veronica Yeates	In Studio	
PILATES Reformer Int	TUES	2/4/24	18.30-19.20	6	102	7/5/24	Pip Deave	Reformer Studio	
YOGA Classical Hatha	TUES	2/4/24	19.15 - 20.45	5	55	7/5/24	Veronica Yeates	In Studio	<i>No class 30/04/24</i>
PILATES Beginners Mat	TUES	2/4/24	19.30 - 20.25	6	54	7/5/24	Amanda Smith	1:1 Room (Max 5)	
PILATES Int Mat	WED	3/4/24	09.30-10.25	6	54	8/5/24	Veronica Yeates	In Studio	
PILATES Mat & SMFR	WED	3/4/24	10.35-11.30	6	54	8/5/24	Veronica Yeates	In Studio	
PILATES Beginners Mat	WED	3/4/24	11.45-12.40	6	54	8/5/24	Amanda Smith	In Studio	
PILATES Jumpboard Ref	WED	3/4/24	11.45 - 12.20	6	60	8/5/24	Veronica Yeates	Reformer Studio	
PILATES Int Mat	WED	3/4/24	17.10-18.05	6	54	8/5/24	Sarah Watkins	Zoom	
PILATES Int Mat	WED	3/4/24	18.00-18.55	6	54	8/5/24	Amanda Smith	In Studio	
PILATES Reformer Int	WED	3/4/24	18.15-19.05	6	102	8/5/24	Sarah Watkins	Reformer Studio	
PILATES Beginners Mat	WED	3/4/24	19.05 - 20.00	6	54	8/5/24	Amanda Smith	In Studio	
HIIT	THURS	4/4/24	08.30-09.00	6	36	9/5/24	Veronica Yeates	In Studio	
PILATES Reformer Int	THURS	4/4/24	9.15 - 10.05	6	102	9/5/24	Veronica Yeates	Reformer Studio	
PILATES Gentle & Beg Mat	THURS	4/4/24	9.15 - 10.10	3	27	18/4/24	Amanda Smith	In Studio	
PILATES Gentle & Beg Mat	THURS	4/4/24	09.30-10.25	6	54	9/5/24	Pip Deave	Zoom only	

COURSE LEVEL	DAY	STARTING	TIME	NO	PRICE	FINAL CLASS	TUTOR	ROOM	NOTES
YOGA Classical Hatha	THURS	4/4/24	10.15 - 11.45	5	55	9/5/24	Veronica Yeates	In Studio	No class 02/05/24
SMFR / YIN YOGA	THURS	4/4/24	17.50-18.45	6	54	9/5/24	Veronica Yeates	In Studio	
PILATES Reformer Adv	THURS	4/4/24	18.00 -18.50	6	102	9/5/24	Pip Deave	Reformer Studio	
PILATES Beginner Reformer	THURS	4/4/24	19.00 - 19.50	6	102	9/5/24	Pip Deave	Reformer Studio	
PILATES Int/Adv Mat	THURS	4/4/24	19.00-19.55	6	54	9/5/24	Veronica Yeates	In Studio	
PILATES Reformer Int	FRI	5/4/24	09.30-10.20	6	102	10/5/24	Veronica Yeates	Reformer Studio	
PILATES Beginner Reformer	FRI	5/4/24	10.30-11.20	6	102	10/5/24	Pip Deave	Reformer Studio	
SMFR / YIN YOGA	FRI	5/4/24	10.30 - 11.25	6	54	10/5/24	Veronica Yeates	In Studio	