

Wellbeing Classes

week commencing Monday 21st September 2020

Monday

Class	Level	Class Time	Leader	Venue
Pilates	All	09.30 - 0.30	Sarita	Dance Floor
Tai Chi for the over 50's	All	11.30 - 12.30	Kim	North Hall
Yoga Flow	All	15.00 - 16.00	Clive	Dance Floor
Nordic Walking	All	19.15 - 20.15	Hazel	Outside

Tuesday

Class	Level	Class Time	Leader	Venue
Pilates (Beginners)	1	18.00 - 19.00	Becky	Dance Floor
Pilates (Improvers)	2 – 3	19.15 - 20.15	Becky	Dance Floor

Wednesday

Class	Level	Class Time	Leader	Venue
Yoga	All	09.30 - 10.30	Sarita	Dance Floor

Thursday

Class	Level	Class Time	Leader	Venue
Pilates	All	09.30 - 10.30	Carllye	Dance Floor
Yoga	All	10.45 - 11.45	Sarita	Dance floor
Tai Chi for the over 50's	All	11.30 - 12.30	Kim	South Hall
Gentle Yoga	All	16.00 - 17.00	Clive	Dance Floor

Friday

Class	Level	Class Time	Leader	Venue
Yoga	All	09.15 - 10.15	Heidi	Dance Floor

Sunday

Class	Level	Class Time	Leader	Venue
Yoga & Meditation for Beginners	1	10.00 - 11.00	Clive	Dance Floor

Level 1 = Beginners | Level 2 = Intermediate | Level 3 = Advanced

ALL Wodson Park Wellbeing Classes are limited to a MAXIMUM of 20 participants and MUST be pre-booked, by calling Wodson Park Reception, tel: 01920 487 091

- **Wodson Park Members** may book our Wellbeing Classes up to 7 days in advance
- **Non-Members** may book our Wellbeing Classes up to 3 days in advance