



Wellbeing Classes Timetable – Autumn 2018

Monday

Class	Level	Class Time	Leader
Pilates	All	09.30 – 10.30	Sarita
Tai Chi for the over 50's * 6 week course – please book	All	11.30 – 12.30	Kim
Nordic Walking *	All	19.15 – 20.15	Hazel
Vinyasa Flow Yoga	3	20.00 – 21.00	Clive

Tuesday

Class	Level	Class Time	Leader
Pilates (Beginners)	1	18.00 – 19.00	Becky
Pilates (Improvers) *	2 – 3	19.00 – 20.00	Becky

Wednesday

Class	Level	Class Time	Leader
Pure Stretch	All	10.15 – 10.45	Andrew
Yoga	All	10.15 – 11.30	Sarita

Thursday

Class	Level	Class Time	Leader
Pilates	All	09.30 – 10.30	Alex
Yoga	All	10.30 – 11.30	Alex
Tai Chi for the over 50's * 6 week course – please book	All	11.30 – 12.30	Kim
Gentle Yoga & Meditation Class for Seniors (<i>please book</i>)	All	16.00 – 17.00	Clive

Friday

Class	Level	Class Time	Leader
Fit Stretch	All	10.30 – 11.30	Ana
Yoga	All	09.30 – 10.30	Peter
Pilates for the Over 50's (please book)	All	11.30 – 12.30	Laura

Sunday

Class	Level	Class Time	Leader
Absolute Beginners Yoga 6 week course – please book	Beginner	9.30 – 11.00	Clive

Classes with * should be **Booked in Advance** - Please contact Wodson Park Reception.
Level 1 – Beginners, Level 2 – Intermediate, level 3 – advanced