



Wellbeing Classes Timetable – Spring 2020

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
Yoga Flow	All	15.00 – 16.00	Clive
Nordic Walking *	All	19.15 - 20.15	Hazel

Tuesday

Class	Level	Class Time	Leader
Tai Chi for the over 50's* 6 week course – please book	All	14.00 – 15.00	Kim
Pilates (Beginners)	1	18.00 – 19.00	Becky
Pilates (Improvers) *	2 – 3	19.00 – 20.00	Becky

Wednesday

Class	Level	Class Time	Leader
Yoga	All	09.30 – 10.45	Sarita

Thursday

Class	Level	Class Time	Leader
Pilates	All	09.30 – 10.30	Carllye
Yoga	All	10.30 – 11.30	Sarita
Tai Chi for the over 50's * 6 week course – please book	All	11.30 – 12.30	Kim
Gentle Yoga (<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	Heidi

Sunday

Class	Level	Class Time	Leader
Yoga & Meditation for Beginners	Beginner	9.30 -11.00	Clive

Classes with * should be **Booked in Advance** - Please contact Wodson Park Reception.
 Classes with ** are not included on the monthly tickets
Level 1 – Beginners, Level 2 – Intermediate, level 3 - advanced