

# Wellbeing Classes

## Week Commencing Monday 28<sup>th</sup> November 2022

### Monday

| Class                     | Level | Class Time    | Leader | Venue       |
|---------------------------|-------|---------------|--------|-------------|
| Pilates                   | All   | 09.30 - 10.30 | Bonny  | Dance Floor |
| Tai Chi for the over 50's | All   | 11.30 - 12.30 | Jackie | Studio      |
| Yoga Flow                 | All   | 16.00 - 17.00 | Clive  | Dance Floor |

### Tuesday

| Class               | Level | Class Time    | Leader | Venue |
|---------------------|-------|---------------|--------|-------|
| Pilates (Beginners) | 1     | 18.00 - 19.00 | Becky  | Bar 2 |

### Wednesday

| Class     | Level | Class Time    | Leader  | Venue       |
|-----------|-------|---------------|---------|-------------|
| Yogalates | All   | 09.30 - 10.30 | Belinda | Dance Floor |

### Thursday

| Class                     | Level | Class Time    | Leader              | Venue       |
|---------------------------|-------|---------------|---------------------|-------------|
| Pilates                   | All   | 09.30 - 10.30 | Heidi<br>(covering) | Studio      |
| Tai Chi for the over 50's | All   | 11.30 - 12.30 | Jackie              | Studio      |
| 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  | Studio |

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

**ALL Wodson Park Wellbeing Classes 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**