

# **LIFESTYLE STUDIO TIMETABLE**

**December 2008**

| <b>Monday</b>                              | <b>Tuesday</b>                             | <b>Wednesday</b>                           | <b>Thursday</b>                            | <b>Friday</b>                            |
|--|--|--|--|--|
| <b>Equipment Pilates<br/>10.00 - 11.00</b> | <b>Flexi-Bar<br/>12.00 - 12.45</b>         | <b>Equipment Pilates<br/>10.00 - 11.00</b> | <b>Equipment Pilates<br/>13.00 - 14.00</b> | <b>Mat WorkPilates<br/>12.00 - 12.45</b> |
| <b>Flexi-Bar<br/>18.20 - 19.20</b>         | <b>Mat Work Pilates<br/>18.20 - 19.20</b>  | <b>Equipment Pilates<br/>18.30 - 19.30</b> | <b>Mat Work Pilates<br/>18.20 - 19.20</b>  |  |
| <b>Fitness Pilates<br/>19.30 - 20.15</b>   | <b>Pilates Technique<br/>19.30 - 20.30</b> | <b>Equipment Pilates<br/>19.30 - 20.30</b> | <b>Flexi-Bar<br/>19.30 - 20.30</b>         |  |

**£10 Per session pay as you go  
£45 monthly membership  
£35 monthly daytime membership  
Block of 5 classes £40  
Block of 10 classes £70**

**Ring 01372 742 461 for more information**

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