

LIFESTYLE STUDIO

CHRISTMAS & NEW YEAR TIMETABLE 2008 /2009

<u>Monday 22nd</u>	<u>Tuesday 23rd</u>	<u>Wednesday 24th</u>	<u>Thursday 25th</u>	<u>Friday 26th</u>
Equipment Pilates 10.00 -11.00	Flexi-bar 12.00 - 12.45	C	C	C
Flexi-bar & Flexibility 18.20 -19.20	Mat work Pilates 18.20 -19.20	L	L	L
		O	O	O
		S	S	S
		E	E	E
		D	D	D
Fitness Pilates 19.30 - 20.15	Pilates Technique 19.30 - 20.30			
<u>Monday 29th</u>	<u>Tuesday 30th</u>	<u>Wednesday 31st</u>	<u>Thursday 1st</u>	<u>Friday 2nd</u>
Mat work Pilates 12.00 -12.45	Flexi-bar 12.00 - 12.45	C	C	Mat work Pilates 12.00 -12.45
		L	L	
		O	O	
	Mat work Pilates 18.20 -19.20	S	S	
		E	E	
		D	D	