



# Feel Good Pilates Weekly Zoom Timetable

Helen Stewart 07973 338232

|              | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|--------------|---|---|---|--|---|
| <b>08:30</b> |   |   |   | Zoom Class<br>Intermediate<br>08:30-09:30                    |   |
| <b>09:00</b> |   |   | Hockerwood Park<br>NG25 0PZ<br>Beginners/Imp<br>09:00 - 10:00 |  |   |
| <b>09:30</b> | Zoom Class<br>Beginners /<br>Improvers<br>09:30-10:30 | Zoom Class<br>Beginners /<br>Improvers<br>09:30-10:30 |   | Hockerwood Park<br>NG25 0PZ<br>Intermediate<br>10:15 - 11:15 | Zoom Class<br>Beginners /<br>Improvers<br>09:45-10:45 |
| <b>10:00</b> |   |   |   |  |   |
| <b>10:30</b> |   |   |   |  |   |
| <b>11:00</b> |   | Zoom Class<br>Gentle / Beginners<br>11:00-12:00       |   | Norwell<br>NG23 6LF<br>Beginners/Imp<br>11:15-12:15          |   |
| <b>11:30</b> |   |   |   |  |   |
| <b>12:00</b> |   |   |   |  |   |
| <b>12:30</b> |   |   |   |  |   |
| <b>13:00</b> |   |   |   |  |   |
| <b>13:30</b> |   |   |   |  |   |
| <b>14:00</b> |   |   |   |  |   |
| <b>14:30</b> |   |   |   |  |   |
| <b>15:00</b> |   |   |   |  |   |
| <b>15:30</b> |   |   |   |  |   |
| <b>16:00</b> |   |   |   |  |   |
| <b>16:30</b> |   |   |   |  |   |
| <b>17:00</b> |   |   |   |  |   |
| <b>17:30</b> | Zoom Class<br>Intermediate<br>17:30-18:30             |   | Norwell<br>NG23 6LF<br>Beginners/Imp<br>18:15-19:15           |  |   |
| <b>18:00</b> |   |   |   |  |   |
| <b>18:30</b> |   |   |   |  |   |
| <b>19:00</b> | Zoom Class<br>Beginners /<br>Improvers<br>18:45-19:45 |   | Norwell<br>NG23 6LF<br>Intermediate<br>19:30-20:30            |  |   |
| <b>19:30</b> |   |   |   |  |   |
| <b>20:00</b> |   |   |   |  |   |
| <b>20:30</b> |   |   |   |  |   |