



Feel Good Pilates Weekly Timetable

Helen Stewart 07973 338232

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