

Studio Timetable Dec 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Contact Details of tutors
9.30 Pole Inters Amy	9.30-12.30 Pilates Liz	9.30-10.30 Intermediate Pole Amy	9.15-10.15am HIIT Karen	9.30am Inter Pole Amy	9.30 – 10.30am Sam Yoga	Hannah Baby ballet ashfordandbiddenden@babyballet.co.uk 07794349478
10.30 Pole Private Amy	2.00-2.30pm Babies Dance Amy	10.30-11.30 Beginners pole Amy	10.15-11.15am Pilates Karen	10.30-11.30 Pole Private Amy		Liz – Pilates Lizsims.pilates@gmail.com 07958708874
11.30 Pole Private Amy	4.00-4.45pm Street 5-7 years Amy	6.30-7.30pm Beginners Pole Amy	1.30-3pm Yoga Michelle	11.30-12.30 Pole Private Amy		Karen – Hiit / Pilates karen@bodyandhealthbydesign.com 07930425694
4.00-5.00pm Street 8-10 years Amy	4.45-5.30pm Street 6-8 yrs Amy	7.30-8.30pm Intermediate Pole Amy	3.30-4.20pm Baby Ballet Hannah	2.00-3.30pm Yoga Michelle		Michelle – Yoga Michelle@douchkov.com 07770966669
5.00-6.00pm Street 10-13yrs Amy	5.30-6.30pm Street 13yrs+ Amy	8.30-9.30pm Beginners pole Amy (TBC)	4.30-5.30 Musical Theatre Amy			Sam – Yoga sam@samyoga.co.uk 07947374036
6-8.30pm Pilates Liz	Powerhoop & Dancersize 7-8.15PM Amy		5.30-6.15pm Stretch & flex Amy			
	Pole Advance 8.30-9.30pm Amy		5.30-6.45pm Lyrical Amy (*inc S&F)			

NO CLASSES FROM AMY.

Liz – using studio on 3 & 4th Dec, 10th & 11th Dec, 17th & 18th Dec.

Karen – using the studio on 6th & 13th Dec – Pos taking Monday morning in dec to run class.

Hannah – 6th, 13th & 20th Dec

Michelle – 6th & 7th Dec, 13th & 14th Dec, 20&21st Dec