

WEEKLY COURSES – AUTUMN 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 am	9.30 – 10.30am TAI CHI for SENIORS Richard Bertschinger Studio	9.30-10.30am PILATES – Intermediate Sue Durant			9.15-10.45am IYENGAR YOGA Hannah Lovegrove Studio
10 am	10.15 – 11.15am SEATED YOGA Ursula Dunne	Studio 10.45-11.45am PILATES	PRIVATE		
11 am	Seminar Room 11.30 am – 1.00pm YOGA	– Beginners Sue Durant Studio	BOOKING		11am – 12.15pm TAI CHI Zabeth Studio
12 noon	Ursula Dunne Studio		12 noon – 1.15pm YOGA FOR PREGNANCY Ursula Dunn Seminar Room		
1 pm	PRIVATE		PRIVATE		12.45 – 1.45 QI GONG
2 pm	BOOKING		BOOKING		Jane Robinson Studio
3 – 5pm					
5 pm		5-7pm MINDFULNESS	5 - 6 pm PILATES Sue Durant Studio		
6 pm	6 – 7.15pm YOGA FOR PREGNANCY Ursula Dunn Seminar Room	Ali Leftwich Seminar Room STARTS JAN 2011	6 – 7pm PILATES Sue Durant Studio		6.-7.30pm YOGA Zabeth Studio
7 pm	7.15 – 9.15pm WOMEN'S SAMBA or AFRICAN DRUMMING	7 – 8.30pm HATHA YOGA		7 – 8.30pm HATHA YOGA	
8 pm	Sharon Stone Studio	Louise Byford Studio		Louise Byford Studio	
				7-8pm MEDITATION Marilyn Upton Seminar Room	