

BETH'S TIMETABLE - JULY/AUGUST 2023

MONDAY 10TH JULY	Yoga 9:15-9:45am Pilates 10-11am Yoga 5:15-6:30pm Pilates 7-8pm	
TUESDAY 11TH JULY WEDS 12TH JULY	ZOOM Pilates 10-11am NO CLASS AS MOVING HOUSE	
THURSDAY 13TH JULY	Pilates 9:30-10:30am Yoga 10:45-12pm Beginners Pilates 12-1pm Yoga 5:45-6:45pm	
MONDAY 17TH JULY	Yoga 9:15-9:45am Pilates 10-11am Gentle Yoga 11:10-12:10 Yoga 5:15-6:30pm Pilates 6:45-7:45pm	***SLIGHTLY DIFFERENT TIME ***NEW TIME
TUESDAY 18TH JULY WEDS 19TH JULY	ZOOM Pilates 10-11am ZOOM Pilates 6-7pm	
THURSDAY 20TH JULY	Pilates 9:30-10:30am Yoga 10:45-12pm Yoga 5:45-6:45pm	***NO BEGINNERS PILATES
MONDAY 24TH JULY	Yoga 9:15-9:45am Pilates 10-11am Gentle Yoga 11:10-12:10 Yoga 5:15-6:30pm Pilates 6:45-7:45pm	***SLIGHTLY DIFFERENT TIME ***NEW TIME
TUESDAY 25TH JULY WEDS 26TH JULY	ZOOM Pilates 10-11am ZOOM Pilates 6-7pm	
THURSDAY 27TH JULY	Pilates 9:30-10:30am Yoga 10:45-12pm Yoga 5:45-6:45pm	***NO BEGINNERS PILATES
MONDAY 31ST JULY	Yoga 9:15-9:45am Pilates 10-11am Gentle Yoga 11:10-12:10 Yoga 5:15-6:30pm Pilates 6:45-7:45pm	***SLIGHTLY DIFFERENT TIME ***NEW TIME
TUESDAY 1ST AUGUST WEDS 2ND AUGUST	NO CLASSES AS ON HOLIDAY NO CLASSES AS ON HOLIDAY	
THURSDAY 3RD AUGUST	NO CLASSES AS ON HOLIDAY	
MONDAY 7TH AUGUST	NO CLASSES AS ON HOLIDAY	
TUESDAY 8TH AUGUST WEDS 9TH AUGUST	NO CLASSES AS ON HOLIDAY NO CLASSES AS ON HOLIDAY	

THURSDAY 10TH AUGUST	Pilates 9:30-10:30am Yoga 10:45-12pm Yoga 5:45-6:45pm	***NO BEGINNERS PILATES
MONDAY 14TH AUGUST	Yoga 9:15-9:45am Pilates 10-11am Gentle Yoga 11:10-12:10 Yoga 5:15-6:30pm Pilates 6:45-7:45pm	***SLIGHTLY DIFFERENT TIME ***NEW TIME
TUESDAY 15TH AUGUST WEDS 16TH AUGUST	ZOOM Pilates 10-11am ZOOM Pilates 6-7pm	
THURSDAY 17TH AUGUST	Pilates 9:30-10:30am Yoga 10:45-12pm Yoga 5:45-6:45pm	***NO BEGINNERS PILATES
MONDAY 21ST AUGUST	Yoga 9:15-9:45am Pilates 10-11am Gentle Yoga 11:10-12:10 Yoga 5:15-6:30pm Pilates 6:45-7:45pm	***SLIGHTLY DIFFERENT TIME ***NEW TIME
TUESDAY 22ND AUGUST WEDS 23RD AUGUST	ZOOM Pilates 10-11am NO CLASSES AS ON HOLIDAY	
THURSDAY 24TH AUGUST	NO CLASSES AS ON HOLIDAY	
MONDAY 28TH AUGUST	NO CLASSES AS BANK HOLIDAY	
TUESDAY 29TH AUGUST WEDS 30TH AUGUST	ZOOM Pilates 10-11am ZOOM Pilates 6-7pm	
THURSDAY 31ST AUGUST	Pilates 9:30-10:30am Yoga 10:45-12pm Yoga 5:45-6:45pm	***NO BEGINNERS PILATES