



Summer Timetable

Week commencing 28th July

<u>Day</u>	<u>Class</u>			
	<u>Morning</u>		<u>Evening</u>	
Monday	Callanetics Ren Shin Kan Studio 10:00 - 11:00am	Pilates Ren Shin Kan Studio 11:00 - 12:00am	Pilates Hurst Green Primary School 6:15 - 7:15pm	Purely Barre Hurst Green Primary School 7:15 - 8:05pm
Tuesday			Callanetics Lapal Primary School 6:45 - 7:45pm	
Wednesday	Yogalates & Relaxation Ren Shin Kan Studio 10am - 11am	Quinborne Community Centre CLOSED		
Thursday	Pilates HYPA Dance Studio 11:00am - 12:00pm		Fitness Pilates Lapal Primary School 6:15 - 7:05pm	Pilates Lapal Primary School 7:15 - 8:15pm
Friday				

Week commencing 4th August

<u>Day</u>	<u>Class</u>		
	<u>Morning</u>		<u>Evening</u>
Monday	Callanetics Ren Shin Kan Studio 10:00 - 11:00am	Pilates Ren Shin Kan Studio 11:00 - 12:00am	
Tuesday			Callanetics Lapal Primary School 6:45 - 7:45pm
Wednesday	Yogalates & Relaxation Ren Shin Kan Studio 10am - 11am	Pilates Quinborne Community Centre 11:30am - 12:30pm	Stretch & Relaxation Lapal Primary School 6:45 - 8:15pm
Thursday			
Friday			

Week commencing 11th August

NO CLASSES

Week commencing 18th August

<u>Day</u>	<u>Class</u>			
	<u>Morning</u>		<u>Evening</u>	
Monday	Callanetics Ren Shin Kan Studio 10:00 - 11:00am	Pilates Ren Shin Kan Studio 11:00 - 12:00am	Pilates Hurst Green Primary School 6:15 - 7:15pm	Purely Barre Hurst Green Primary School 7:15 - 8:05pm
Tuesday			Callanetics Lapal Primary School 6:45 - 7:45pm	
Wednesday	Yogalates & Relaxation Ren Shin Kan Studio 10am - 11am	Pilates Quinborne Community Centre 11:30am - 12:30pm		
Thursday	Pilates HYPA Dance Studio 11:00am - 12:00pm		Fitness Pilates Lapal Primary School 6:15 - 7:05pm	Pilates Lapal Primary School 7:15 - 8:15pm
Friday				

Week commencing 25th August

<u>Day</u>	<u>Class</u>		
	<u>Morning</u>		<u>Evening</u>
Monday	BANK HOLIDAY		
Tuesday			Callanetics Lapal Primary School 6:45 - 7:45pm
Wednesday	Yogalates & Relaxation Ren Shin Kan Studio 10am - 11am	Pilates Quinborne Community Centre 11:30am - 12:30pm	
Thursday	Pilates HYPA Dance Studio 11:00am - 12:00pm		Fitness Pilates Lapal Primary School 6:15 - 7:05pm
			Pilates Lapal Primary School 7:15 - 8:15pm
Friday			

Classes will resume as normal from 1st September