



Monday	Tuesday	Wednesday	Thursday	Friday
9.30am – 11am Yoga with Sue	9.15am – 10.15am Pilates with Annie		9.30am – 11am Yoga with Sue	
		1.15pm - 2.15pm Margaret Morris Movement with Sara		12.30pm – 1.30pm Yoga with Kerry
	6pm – 6.45pm Hula Hoop with Lucy (basic improvers)	2.30pm – 4pm Scottish Country Dancing		
7pm – 8.30pm Kundalini Yoga with Fiona	6.45pm – 7.30pm Hula Hoop with Lucy (complete beginners)	6pm – 7.30pm Hatha Yoga with Jill	6.45pm – 8pm Qi Gong with Leanne	
	8pm – 9pm Salsa with Adrian			