

feel different, be different

STUDIO TIMETABLE

SEPTEMBER 2010

Monday	Class	Instructor	Level
06.45-07.30	Group Cycle	Ana	General
07.30-08.30	Stretchworks	Alison	General
09.30-10.30	Hatha/Scaravelli Yoga	Laura	Intermediate
10.00-11.00	Fitness in the Park	Sharon/Gym	Canx 6/13th Sept
10.00-10.45	Aquafit	Lucy	General
10.30-11.15	Legs, Bums & Tums	Vicky	General
12.00-12.45	Group Cycle	Lucy	General
12.15-13.15	Pilates Mat - NEW	Lucy Slater	General
13.30-14.45	Hatha Yoga - Time change	Janaki	Intermediate
17.15-18.15	Hatha Yoga	Fay	Inter/Adv
19.15-20.00	Group Cycle	Richard	General
19.15-20.15	Pilates Mat	Daniel	Inter/Adv

Tuesday	Class	Instructor	Level
07.00-07.45	Group Cycle	Lisa	General
07.30-08.30	Hatha Yoga	Fay	Intermediate
09.15-10.15	Body Conditioning	Lisa (cover)	General
09.30-10.15	Aquafit	Fortuna	General
10.30-12.00	Hatha Yoga	Erika	Beg/Inter
12.00-13.30	Hatha Yoga	Erika	Inter/Adv
14.00-15.00	Pilates Mat - NEW	Kia	General
19.00-20.00	Yoga (studio 2)	Jen	Starts 19th Oct
19.00-19.45	Group Cycle	Simon	General
19.15-20.30	Hatha Yoga - NEW	Fay	Intermediate

Wednesday	Class	Instructor	Level
07.00-08.00	Pilates Mat	Lizzie	Beginner
07.45-08.30	Aquafit	Lucy Slater	General
09.00-10.00	Hatha Yoga	Anna	Beginner
10.00-11.00	Body Conditioning	Richard	General
11.00-11.45	Group Cycle	Charles	General
12.30-13.30	Pilates Mat	Rosy	Intermediate
13.00-14.00	Yoga (studio 2)	Jen	Starts 20th October
14.30-15.30	Stretchworks	Alison	General
19.00-19.45	Group Cycle	Lucy	General
19.45-20.15	Abs Workout	John	General

Thursday	Class	Instructor	Level
07.00-07.45	Group Cycle	Ana	General
07.15-08.15	Hatha Yoga	Fay	Beg/Inter
09.00-09.45	Aquafit	Lucy Slater	General
09.00-10.00	Pilates	Daniel	Beginner
10.30-12.00	Dynamic Flow	Anya	Inter/Adv
12.15-13.00	Legs Bums & Tums	Paula	Canx 2nd Sept
12.15-13.00	Group Cycle	Simon	General
13.00-13.45	Circuits	Simon	General
19.00-19.45	Group Cycle	Ana	General
19.05-20.00	Boxing	Simon	General

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Friday	Class	Instructor	Level
07.30-08.30	Hatha Yoga	Fay	Intermediate
08.30-09.30	Pilates Mat	Natalia	Intermediate
08.45-09.30	Aquafit	Ayesha	General
09.45-10.45	Hatha Yoga	Janaki	Intermediate
10.00-10.45	Group Cycle	Lucy	General
11.00-11.45	Posture & Core condit	Lucy	General
11.45-12.45	Hatha Yoga	Anna	Beginner
13.30-14.30	Stretchworks	Alison	General
18.45-20.15	Hatha Yoga	Erika	Inter/Adv

Saturday	Class	Instructor	Level
09.00-10.00	Hatha Yoga	Fay	Inter/Adv
09.15-10.15	Group Cycle	Ana	General
10.15-11.00	Boxfit	Kari/Camilla	General
10.45-11.30	Aquafit	Vicky	General
11.00-12.00	Pilates Mat	Daniel	Beginner
11.15-12.00	Group Cycle	Charles	General
17.00-18.00	Pilates Mat	Daniel	Inter/Adv

Sunday	Class	Instructor	Level
09.15-10.15	BodyWorks	Lisa	General
09.30-10.15	Group Cycle	Charles	General
10.30-11.15	Group Cycle	Charles	General
11.30-13.00	Yoga Moves	Phillipa	Inter/Adv
16.00-17.30	Dynamic Flow	Anya	Beg/Inter
17.30-19.00	Dynamic Flow	Anya	Inter/Adv
18.00-18.45	Group Cycle	Lisa	General

All classes will be held on the top floor in the main studio except for Studio 2
Classes situated on the ground floor.

Studio 2 classes must be pre booked at reception for a maximum of 3/4
people and are FREE of charge.

If you have any comments or suggestions regarding the Studios please
Email Sarah Kumjim at sarah@bodyworkswest.co.uk or contact a member of
the management team.

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STUDIO UPDATES

New classes due to popular demand!

Monday at
12.15-13.15 **Pilates Mat** class
with Lucy Slater

Tuesday at
14.00-15.00 **Pilates Mat** class
with Kia

Tuesday at
19.30-20.15 **Hatha Yoga**
with Fay

PLEASE NOTE JEN WILL BE BACK ON 19TH October to teach Yoga in studio 2

Mandy has had a beautiful baby boy!
Lisa will be covering her body conditioning class
on Tuesdays at 9.15 until further notice.

BodyWorksWest
AT LAMBTON PLACE