



CLASS TIMETABLE 2010

Monday

19:00 - 20:00	Back to Life Programme - for a long term solution to low back pain (ask at reception for details, this programme runs several times a year only)
20:00 - 21:00	Kettlebell Conditioning - with Svetlana

Tuesday

09:30 - 10:00	Women's Only Kettlebells and Mobility – with Jason
10:00 - 11:00	Post Natal Pilates – with the Pilates Sanctuary
19:00 - 20:00	Kettlebells for Strength and Fitness with Svetlana
20:00 - 21:00	Beginners Kettlebells – technique and fitness with Svetlana

Wednesday

19:30 - 21:00	Monthly Kettlebell Technique Class - with Jonathan or Cj, all levels <i>NB: This class is held on the first Wednesday of each month. Ask at reception or see website for exact dates.</i>
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Thursday

10:00 - 11:00	Back to Life – programme for a long term solution to low back pain
20:00 - 21:00	Athletic Movement Class – with Julien, all levels
19:30 - 21:00	Monthly Athletic Movement and Conditioning – with Julien, all levels <i>NB: This class is held on the third Thursday of each month. See website for dates.</i>

Friday

09:30 - 10:00	Women's only movement, mobility and conditioning – with Jason
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Saturday

09:00 – 10:00	Clapham Runners circuit class – visit www.claphamrunners.com
10:00 – 11:00	Beginners Pilates Class – with the Pilates Sanctuary
11:00 – 12:00	Intermediate Pilates Class – with the Pilates Sanctuary
12:15 – 13:15	Extreme Full Throttle Conditioning – with Cj
13:30 – 14:30	Boxing Class – all levels welcome for technique and fitness with Dennis