

New Body Barn Class Timetable

MONDAY	Activity	Level	Instructor
9.15 - 10.15	Pilates Matwork (S1)	Improver to Intermediate	Debbie Greaves
9.30 - 10.30	Group Reformer (S2)	Level 2 (improver)	Christine Douglas
10.30 - 11.30	Pilates Matwork (S1)	Improver to Intermediate	Debbie Greaves
10.45 - 11.45	Group Reformer (S2)	Level 2 (improver)	Christine Douglas
11.45 - 12.45	Pilates Matwork (S1)	Beginner to Improver	Debbie Greaves
13.00 - 14.15	Yoga (S1)	Viniyoga (Gentle)	David Wilkinson
18.30 - 19.30	Group Reformer (S2)	Level 3 (advanced)	Christine Douglas
18.00 - 19.00	Yoga (S1)	Vinyasa Flow (All)	Amelia Grace
19.15 - 20.45	Yoga(S1)	Viniyoga (Experienced)	David Wilkinson

TUESDAY	Activity	Level	Instructor
9.30 - 10.30	Pilates Matwork (S1)	Intermediate to Advanced	Marie Crowther
10.45 - 11.45	Pilates Matwork (S1)	Improver to Intermediate	Marie Crowther
12.00 - 13.15	Yoga (S1)	Mindful Somatic Yoga	Debby Wilkinson
18.00 - 19.15	Yoga (S1)	Viniyoga (All)	David Wilkinson
19.30 - 21.00	Yoga (S1)	Viniyoga (Experienced Class)	David Wilkinson

WEDNESDAY	Activity	Level	Instructor
9.30 - 10.30	Pilates Matwork (S1)	Improver to Intermediate	Kay Sherman
9.30 - 10.30	Group Reformer (S2)	Level 3 (advanced)	Ola Miazga
10.45 - 11.45	Group Reformer (S2)	Level 2 (improver)	Ola Miazga
10.45 - 11.45	Pilates Matwork (S1)	Beginner to Improver	Kay Sherman
12.00 - 13.15	Yoga (S1)	Mindful Somatic Yoga	Debby Wilkinson
13.30 - 14.45	Yoga (S1)	Viniyoga (All)	David Wilkinson

WEDNESDAY	Activity	Level	Instructor
17.10 - 18.10	Group Reformer (S2)	Level 2 (improver)	Christine Douglas
18.30 - 19.30	Pilates Matwork (S1)	Improver to Intermediate	Marie Crowther
19.45 - 20.45	Pilates Matwork (S1)	Beginner to Intermediate	Marie Crowther

THURSDAY	Activity	Level	Instructor
9.30 -10.30	Pilates Matwork (S2)	Improver to Intermediate	Christine Douglas
10.45 - 11.45	Group Reformer (S2)	Level 2 (improver)	Christine Douglas
12.00 - 13.00	Pilates Matwork (S1)	Beginner to Improver	Kay Selman
13.30 - 14.45	Yoga (S1)	All	Cheryl Parr
18.00 - 18.45	Yoga Slow Flow (S1)	All	Amelia Grace
18.55 - 19.55	Pilates Matwork/HiPP (S1)	Intermediate to Advanced	Kay Sherman

FRIDAY	Activity	Level	Instructor
10.45 - 11.45	Pilates Matwork (S1)	Intermediate to Advanced	Christine Douglas
12.00 – 13.00	Group Reformer (S2)	Level 2 (improver)	Christine Douglas
12.00 - 13.30	Tai Chi Qigong (S1)	All	Stephen Brooke

SATURDAY	Activity	Level	Instructor
09.30 - 10.30	Yoga (S1)	Vinyasa Flow (All)	Amelia Grace

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Yoga contact:

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Cheryl: cheryl@earthspirit.org.uk, 076887 22106

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