

Timetable

Majority of classes 12-14 [S] = small class size approx 3-8

Studio - Face to face in Summertown,
 Online - live streamed via Zoom,
 Hybrid - option to join in Studio or Online

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Clinical Yoga - Studio Mixed ability Catherine Huck 9.30am	Clinical Yoga - Hybrid Mixed ability Catherine Huck 8am	Clinical Yoga - Studio Mixed ability Catherine Huck 8am	Reformer Pilates - Studio Intermediate/Advanced Vanessa Geremias 8am	Antenatal Pilates - Hybrid Sara Fernandez 8am	Reformer Pilates - Studio Intermediate Vanessa Geremias 9.30am
Equipment Pilates Circuit - Studio Mixed ability Tom Harrison 10am	Matwork Pilates - Hybrid Mixed ability Vanessa Geremias 11am	Clinical Yoga - Studio Mixed ability Catherine Huck 9.15am	Clinical Yoga - Hybrid Mixed ability Catherine Huck 9.15am	Hatha Intense Yoga - Hybrid Intermediate Bertie Jesson 9.15am	Iyengar Yoga - Hybrid Intermediate/Advanced Sophia Argyris 10am
Matwork Pilates - Online Mixed ability Frankie Snare 11am	Hatha Intense Yoga - Hybrid Improver/Intermediate Bertie Jesson 12.15pm	Matwork Pilates - Hybrid Mixed ability Vanessa Geremias 10.30am	Matwork Pilates - Hybrid Mixed ability Nicola Graham 11am	Reformer Pilates - Studio Intermediate Vanessa Geremias 9.15am	Reformer Pilates - Studio Intermediate/Advanced Vanessa Geremias 10.45am
Matwork Pilates - Hybrid Mixed ability Gemma Queralt 12.15pm	Reformer Pilates - Studio Intermediate/Advanced Kate Layton 6pm	Reformer Pilates - Studio Beginner/Intermediate Kate Layton 12.30pm	Clinical Yoga - Online Mixed ability Catherine Huck 12.15pm	Matwork Pilates - Hybrid Mixed ability Sara Fernandez 10.30am	
Matwork Pilates - Hybrid Mixed ability Nicola Graham 1.30pm	Reformer Pilates - Studio Intermediate/Advanced Kate Layton 7pm	Clinical Yoga - Studio Beginner/Mixed ability Catherine Huck 3pm	Reformer Pilates - Studio Mixed ability Tom Harrison 5pm	Reformer Pilates - Studio Beginner/Intermediate Vanessa Geremias 10.30am	
Clinical Yoga - Online Mixed ability Dom Vaughan 2.45pm	Hatha Intense Yoga - Hybrid Improver/Intermediate Bertie Jesson 7.30pm	Matwork Pilates - Online Mixed ability Rita Kwong 5pm	Reformer Pilates - Studio Mixed ability Tom Harrison 6.15pm	Post Natal Reformer Pilates - Studio Sara Fernandez 1.30pm	
Iyengar Yoga - Hybrid Mixed ability Sophia Argyris 5.30pm		Iyengar Yoga - Hybrid Intermediate/Advanced Sophia Argyris 7.30pm		Iyengar Yoga - Hybrid Gentle Sophia Argyris 1.40pm	
				Reformer Pilates - Studio Beginner/Intermediate Vanessa Geremias 5pm	Download our class booking app and receive 50% discount off your first class and the gym membership in Summertown, for those undertaking a course of Physiotherapy for a maximum of a 3-month period.
				Dynamic Matwork Pilates - Hybrid Intermediate/Advanced Vanessa Geremias 6pm	

Gym is open: 8am - 8pm Monday - Thursday and 8am - 5pm Friday and Saturday 8am - 12pm.
 Hour booking sessions, maximum 6 per hour. Free use of Infrared Sauna.