

SATURN FITNESS & WELLNESS TIMETABLE 2018

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm
MON	Pilates Paul 9.15am	Pilates Paul 10.00am		Yoga Lucy 12pm		Pilates Lina 2.00pm	Qi Gong Karen 3.00pm			Pilates Paul 6.15pm	Pilates Zoe 7.00pm	Pilates Zoe 8.00pm
TUE	Pilates Paul 9.00am	Pilates Angela 9.45am				Pilates Paul 2.15pm	Pilates Paul 3.00pm			Yoga Catherine 6.00pm	Pilates Trish 7.00pm	Pilates Trish 8.00pm
WED	Pilates Paul 9.15am	Pilates Paul 10.00am			Bioenergetics Tamara 12.30pm						Pilates Emma 7.00pm	Pilates Emma 8.00pm
THU	Pilates Paul 9.00am	Pilates Emma 10.00am	Pilates Emma 11.00am	Pilates Emma 12.00pm		Pilates Paul 2.15pm				Pilates Paul 6.15pm	Pilates Zoe 7.00pm	Pilates Zoe 8.00pm
FRI	Pilates Paul 9.15am	Pilates Paul 10.00am	Pilates Graciella 11.00am	Pilates Emma 12.00pm	Pilates Emma 1.00pm							
SAT												
SUN											Pilates Graciella 7.00pm	Pilates Graciella 8.00pm

POWER PLATE CLASSES

Mornings: **MON/WED/FRI; 8.30, 9.00, 9.30 & 10.00 a.m.** • Evenings; **MON/THU; 5.00, 5.30, 6.00 & 6.30pm**
 A great way to get leaner, fitter, stronger, lose weight, improve balance & have fun too.
 You will always be guided by a qualified Power Plate trainer who will ensure you exercise safely & effectively.
NEW TO POWER PLATE? Contact Zoe on 07452 944949.

CLASS CONTACTS

Angela; 07808515172. Catherine; 07704 934203. Emma; 07758 210691.
 Graciella; 07936 279910. Julia; 07754 797365. Karen; 07789 062934. Lina; 07921 129745.
 Lucy; 07715 207784. Paul; 07527 540386. Tamara; 07739 309422 Trish; 07876 615830. Zoe; 07452 944949.

POSTURAL
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MASSAGE
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ACCUPUNCTURE
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