

SATURN FITNESS & WELLNESS TIMETABLE 2017

Time	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
09.00-10.00	Pilates Paul		Pilates Paul		Pilates Paul		
10.00-11.00	Pilates Paul		Pilates Paul	Pilates Emma	Pilates Paul		
11.00-12.00				Pilates Emma	Ant.-/Post-Natal Pilates Graciella		
12.00-13.00	Yoga Lucy 12.00-13.15			Pilates Emma	Pilates Emma		
13.00-14.00					Pilates Emma		
14.00-15.00	Pilates Lina	Pilates Paul					
15.00-16.00		Pilates Paul					
16.00-17.00	Qigong Karen						
17.00-18.00							
18.00-19.00	Pilates Paul	Yoga Catherine					
19.00-20.00	Pilates Zoe	Pilates Trish	Pilates Emma	Pilates Zoe			Pilates Graciella
20.00-21.00	Pilates Zoe	Pilates Trish	Pilates Emma	Pilates Zoe			Pilates Graciella

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 07828 012040.

CLASS CONTACTS

Pilates Teachers: Emma; 07758 210691. Graciella; 07936 279910. Lina; 07921 129745.

Paul; 07527 540386. Trish; 07876 615830. Zoe; 07828 012040.

Yoga Teachers: Catherine; 07704 934203. Lucy; 07715 207784 • Qigong: Karen; 07789 062934.

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