

## 2019 Class Schedule

### Monday

9:30 - 10.30am	Pilates for Rehabilitation with Russell Parish - 07545 187885
10:45am - 12:15pm	Yoga at a gentler pace with Liz Watts - 01622 737321
5:00 - 6:00pm	Pilates with Louise Seymour - 07790 580522
6:00 - 7:00pm	Pilates with Louise Seymour - 07790 580522
7:15 - 8:15pm	Pilates with Sharon Jullings - 07932 955689
8:20 - 9:20pm	Yoga with Shirley Dibble - 07704 479889

### Tuesday

9.30 -10.30am	Pilates Beginners with Emma Goodman -
5:30 - 6:45pm	Yoga with Alex Weston - 07810 0981169
7:00 - 8:00pm	Pregnancy Yoga with Helen Keates - 07843 418637
8:15 - 9:15pm	Vinyasa Flow Yoga with Helen Keates - 07843 418637

### Wednesday

10:35 - 11.35am	Yin Yoga with Alison Newsome - 07545187885
5:00 - 5:50pm	Bone Strengthening Pilates with Alison Newsome - 07545187885
6:00 - 7:00pm	Yoga with Jan Palmer - 07985 015510
7:00 - 8:00pm	Yoga with Jan Palmer - 07985 015510

### Thursday

10:00 - 11:00am	Pilates with Kerry Yaz - 07825 155056
12:00 - 1:00pm	Pilates for Rehabilitation with Russell Parish - 07545 187885
5:30 - 6:30pm	Gentle Hatha and Back Care Basics with Flurina Thali - 07545187885
6:30 - 7:30pm	Restorative Yoga with Flurina Thali - 07545187885
7:30 - 8:30pm	Holistic Core Restore® Everywoman with Emma Goodman - 07811 209452

### Friday

9:20 - 10.20am	Pilates for Beginners with Alison Newsome - 07545187885
10:30 - 11:45am	Yoga with Alex Weston - 07810 098169

### Sunday

5:00 - 6:15pm	Yin Yoga with Victoria Thomas - 07427 248800
6:30 - 7:45pm	Yin Yoga with Victoria Thomas - 07427 248800

Updated 10<sup>th</sup> April 2019

**Please contact the instructor directly to book your place.**

**Please contact [clare@southcote.com](mailto:clare@southcote.com) if you have any comments or feedback**

**PLEASE NOTE: PATIENTS OF THE CLINIC MAY NOT BE ABLE TO WALK GREAT DISTANCES  
AND FOR THIS REASON WE DO NOT ALLOW CLASS ATTENDANTS TO PARK IN THE  
CLINIC CAR PARK DURING IT'S OPENING HOURS. (Monday - Friday 8am - 7pm)**