

Timetable from 26-Aug-08

ESPH East Dulwich Class timetable

Time	Studio	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.45-7.15	1							
	2	Express Cycle (07:00)		Express Easyline				
8.00-9.00	1				Hatha Yoga			
	2							
9.00-10.00	1		CRECHE (Starts 9:45)		CRECHE (Starts 9:45)		Hatha Yoga	
	2							
10.00-11.00	1		CRECHE	Balance & stability	CRECHE	Hatha Yoga	Hatha Yoga	Bodyweight Circuit
	2		Easyline Circuit				Easyline Circuit	
	3							
11.00-12.00	1		CRECHE (Ends 12:15)		CRECHE (Ends 12:15)	Hatha Yoga		
	2							Weight management
12.00-13.00	1		Aerobics (12:30-13:30)				Matwork Pilates (12:30)	
	2							
13.00-14.00	1	Intermediate Mat Pilates		Iyengar Yoga				
	2							
14.00-15.00	1	Matwork Pilates			Pilates for Mums			
	2							
	3							
15:00-16:00	1							
	2							
16:00-17:00	1							
	2							
17.00-18.00	1							
	2							
18.30-19.30	1		Matwork Pilates			Pre-natal Yoga (19:00-20:00)		
	2							
19.30-20.30	1	Iyengar Yoga	Matwork Pilates	Hatha Yoga	Matwork Pilates			
	2		Weight management	Box Fit Club (20:00)	Easyline Circuit			
	R	Running Club						
20.30-21.30	1	Iyengar Yoga	Intermediate Mat Pilates	Hatha Yoga				
	2		Cycle Training					
	3							