

GROUP MAT CLASS TIMETABLE SEPTEMBER 2017

VENUE	DAY & TIME	CLASS LEVEL & DESCRIPTION	NOTES
Chevening Church Hall** Homedeane Road , Chipstead Sevenoaks. TN13 2RU	Mon Eve 19:15	Beginner/Improver (Pure Pilates)	
Chevening Church Hall** Homedeane Road , Chipstead Sevenoaks. TN13 2RU	Mon Eve 20:30	Intermediate/Advanced (Fusion)	
Sevenoaks Community Centre* Crampton Road, Sevenoaks. TN14 5DN	Wednesday Morn 09:30	Intermediate Pilates Conditioning. Using Gliding discs & Body Bars	WEAR TRAINERS!!
Dunton Green Village Hall* London Road, Dunton Green. TN13 2TE	Wednesday Eve 19:15	Intermediate (Pure Pilates)	
Dunton Green Village Hall* London Road, Dunton Green. TN13 2TE	Wednesday Eve 20:30	Total Beginners	NEW COURSE STARTS 13 TH SEPTEMBER BOOKING NOW
Shoreham Village Hall** High Street, Shoreham Sevenoaks TN14 7TG	Thursday Morn 09:30	Improver/Intermediate (Pure Pilates) - Mixed ability	
Shoreham Village Hall** High Street, Shoreham Sevenoaks TN14 7TG	Thursday Morn 10:30	Beginners - Mixed Ability	
Chevening Church Hall** Homedeane Road, Chipstead Sevenoaks. TN13 2RU	Thursday Eve 20:00	Improver/Intermediate (Pure Pilates) - Mixed ability	NEW COURSE STARTS 16 TH SEPTEMBER BOOKING NOW
Chevening Church Hall** Homedeane Road, Chipstead Sevenoaks. TN13 2RU	Friday Morn 09:25	(Stability Ball & Equipment) Intermediate/Advanced - (Fusion)	
Chevening Church Hall** Homedeane Road, Chipstead Sevenoaks. TN13 2RU	Friday Morn 10:30	(Small Equipment Classes) Balance and Core Stability Active 60+ Mixed Ability	
Chevening Church Hall** Homedeane Road, Chipstead, Sevenoaks. TN13 2RU	Saturday Morn 09:00	BELLS & BALLS: EARLY BIRD WORKOUT HIIT & Functional training. Total body conditioning, core strength and balance, burn calories and have fun.	<i>"If you can only make it to one total body class a week, make it this one NOW WITH KETTLEBELLS.</i>
Chevening Church Hall** Homedeane Road, Chipstead, Sevenoaks. TN13 2RU	Saturday Morn 10:30	(Stability Ball & Equipment) Intermediate/Advanced - (Fusion)	NEW COURSE STARTS 16 TH SEPTEMBER BOOKING NOW

** Term time only *Classes run all year

All the classes above are booked by email or phone, unless stated otherwise - blocks of 12
Generally interchangeable, trials are possible, space permitting. Payment in Advance