

PLEASE DIRECTLY CONTACT THE PEOPLE BELOW FOR ANY SESSIONS YOU MAYBE INTERESTED IN

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00							
9.00	Iyengar Yoga T: 07967 984899 (09.30 to 11.00)	Sophie Waterhouse Psychotherapist T: 07877 453477 (09:00 to 12:00)	Chi Kung T: 07904 238745 (09.30 to 10.30)			Massage Courses Call for more details T: 0796 0317888 (09.30 to 18.30)	Massage Courses Call for more details T: 0796 0317888 (09.30 to 18.30)
10.00			Bellissimama Postnatal Pilates T: 07921 762176 (10.00 to 11.00)				
11.00		Bellissimama Postnatal Pilates T: 07921 762176 (11.00 to 12.00)				Zen-Do Kick Boxing T: 07949 100191 (11.15 to 12.15)	
12.00	Qi Gong T: 07796 478 946 (12.30 to 14.00)					Pilates with Kate T: 07792 599021 (12.30 to 13.30)	
13.00				Chi Kung T: 07904 238745 (13.00 to 14.00)			
14.00	Pilates with Kate T: 07792 599021 (14.00 to 15.00)						
15.00	JumpUp! Ballet T: 0794 658 1933 (16.30 to 18.00)						
16.00	JumpUp! Ballet T: 0794 658 1933 (16.00 to 19.00) Gillian Winn, West Hampstead School of Dance T: 07958 605 894 (16.00 to 18.00)	JumpUp! Ballet T: 0794 658 1933 (16.00 to 19.00)	JumpUp! Ballet T: 0794 658 1933 (16.00 to 18.00)	JumpUp! Ballet T: 0794 658 1933 (16.00 to 19.00) Creative Movements T: 020 7435 8271 (16.00 to 17.00)			
17.00	JumpUp! Ballet T: 0794 658 1933 (17.00 to 19.00)	JumpUp! Ballet T: 0794 658 1933 (17.00 to 19.00)	JumpUp! Ballet T: 0794 658 1933 (17.00 to 19.00)	JumpUp! Ballet T: 0794 658 1933 (17.00 to 19.00)			
18.00	Osteopath Clinic T: 07960 317 8888 (18.00 to 20.00) Bellissimama Antenatal Pilates T: 07921 762176 (18.00 to 20.00)	Pilates with Kate T: 07792 599021 (18.30 to 19.30) Sophie Waterhouse Psychotherapist T: 07877 453477 (09:00 to 12:00)	Osteopath Clinic T: 07960 317 8888 (18.00 to 20.00) Bellissimama Antenatal Pilates T: 07921 762176 (18.00 to 19.25)	Osteopath Clinic T: 07960 317 8888 (18.00 to 20.00) Beyond Chocolate T: 07973 783742 (18:30-19:30)	Osteopath Clinic T: 07960 317 8888 (18.00 to 20.00)		
19.00	Dru Yoga T: 07837 931304 (19.00 to 20.30) Osteopath Clinic T: 07960 317 8888 (19.00 to 20.00) Pilates with Elanor T: 07949 100191 (19.30 to 20.30)	Chi Kung T: 07904 238 745 (19.00 to 20.30) Singing Tuition with Julia T: 07951 098087 (19.00 to 21.00) Zen-Do Kick Boxing T: 07949 100191 (19.00 to 20.00)	Osteopath Clinic T: 07960 317 8888 (19.00 to 20.00) Choose Pilates T: 07929 395 821 (19.10 to 20.10)	Zen-Do Kick Boxing T: 07949 100191 (19.00 to 20.00) Pilates with Kate T: 07792 599021 (19.30 to 20.30) Beyond Chocolate T: 07973 783742 (18:30 to 19:30)	Osteopath Clinic T: 07960 317 8888 (19.00 to 20.00)		
20.00		Yoga with Sarah T: 07967 969 263 (20.00 to 21.30)		Zen-Do Kick Boxing T: 07949 100191 (19.00 to 20.00)			
21.00							
22.00							