

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 | | | | | | | |