



# Class Timetable 2022

All classes are bookable online only at [www.icpchealth.com](http://www.icpchealth.com)

## Wednesday

06:30 - 07:30	Circuits	<b>icpcHealth</b>	John Nicklin
10:00 - 11:00	Intermediate Pilates	<b>icpcHealth</b>	Laura Middleton
11:10 - 12:10	Intermediate Pilates	<b>Virtual</b>	Laura Middleton
12:30 - 13:30	Kettlercise	<b>icpcHealth</b>	John Nicklin
17:50 - 18:50	Hardest!!!! Pilates	<b>icpcHealth</b>	Jenny Robertson
18:00 - 19:00	Intermediate Pilates	<b>Virtual</b>	Jane Caney

**If this is your first time joining us, please ensure that you fill out an online Health Screening Form prior to attending your first class.  
If you are pregnant, please contact our reception team on 01467 633444 prior to booking.**