



Class Timetable 2022

All classes are bookable online only at www.icpchealth.com

Monday

09:30 - 10:20	Aerobics & Body Conditioning	icpcHealth	John Nicklin
18:00 - 19:00	Barre Pilates	Virtual	Laura Middleton
18:00 - 19:00	Intermediate Pilates	icpcHealth	Ali Middleton
19:00 - 20:00	Intermediate Pilates	Virtual	Alice Hutcheon
19:00 - 20:00	Beginners Pilates	icpcHealth	Becca Betts
20:00 - 21:00	Beginners Pilates	icpcHealth	Becca Betts

**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.**



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Tuesday

06:30 - 07:15	Intermediate Pilates	Virtual	Lynsey Ross
09:50 - 10:50	Yin/Yang fusion Yoga	icpcHealth	Elle Cochrane
10:00 - 11:00	Intermediate Pilates	Virtual	Jane Caney
11:00 - 12:00	Easy Pilates	icpcHealth	Lynsey Ross
11:00 - 11:45	Gentle Seated & Standing	Virtual	Helen Willis
18:00 - 19:00	Beginners Pilates	Virtual	Ruth McDonald
18:00 - 19:00	Easy Pilates	icpcHealth	Helen Willis
19:00 - 20:00	Easy Pilates	Virtual	Ruth McDonald
19:10 - 20:10	Intermediate Pilates	icpcHealth	Helen Willis

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Wednesday

10:00 - 11:00	Intermediate Pilates	icpcHealth	Laura Middleton
11:10 - 12:10	Intermediate Pilates	Virtual	Laura Middleton
17:50 - 18:50	Intermediate Pilates	icpcHealth	Jenny Robertson
18:00 - 19:00	Intermediate Pilates	Virtual	Jane Caney
19:00 - 20:00	Beginners Yoga	icpcHealth	Elle Cochrane
20:00 - 21:00	Dynamic Hatha Yoga	icpcHealth	Elle Cochrane

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Thursday

10:00 - 11:00	Intermediate Pilates	Virtual	Jane Caney
18:00 - 19:00	Intermediate Pilates	icpcHealth	Lynsey Ross
19:10 - 20:10	Intermediate Pilates	Virtual	Lynsey Ross

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Friday

10:00 - 10:50	Aerobics & Body Conditioning	icpcHealth	John Nicklin
10:00 - 11:00	Intermediate Pilates	Virtual	Laura Middleton
17:30 - 18:00	Tai Chi QiGong	Virtual	Faye Webster

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