



# Class Timetable 2022

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

## Monday

09:30 - 10:20	Aerobics & Body Conditioning	<b>icpcHealth</b>	John Nicklin
10:40 - 11:30	Aerobics & Body Conditioning	<b>icpcHealth</b>	John Nicklin
18:00 - 19:00	Barre Pilates	<b>Virtual</b>	Laura Middleton
18:50 - 19:50	Intermediate Pilates	<b>icpcHealth</b>	Ali Middleton
19:00 - 20:00	Intermediate Pilates	<b>Virtual</b>	Alice Hutcheon

**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.**