



Class Timetable 2022

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

Monday

09:30 - 10:20	Aerobics & Body Conditioning	icpcHealth	John Nicklin
10:40 - 11:30	Aerobics & Body Conditioning	icpcHealth	John Nicklin
18:00 - 19:00	Barre Pilates	Virtual	Laura Middleton
18:50 - 19:50	Intermediate Pilates	icpcHealth	Ali Middleton
19:00 - 20:00	Intermediate Pilates	Virtual	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.**



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Tuesday

06:30 - 07:15	Intermediate Pilates	Virtual	Lynsey Ross
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
17:00 - 17:50	Easy Pilates	icpcHealth	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

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

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Thursday

10:00 - 11:00	Intermediate Pilates	Virtual	Jane Caney
13:00 - 14:00	Intermediate Pilates	icpcHealth	Lynsey Ross
18:00 - 19:00	Easy Pilates	icpcHealth	Lynsey Ross
19:10 - 20:10	Intermediate Pilates	Virtual	Lynsey Ross

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Friday

06:30 - 07:30	Kettlercise	icpcHealth	John Nicklin
10:00 - 10:50	Aerobics & Body Conditioning	icpcHealth	John Nicklin
10:00 - 11:00	Intermediate Pilates	Virtual	Laura Middleton
11:10 - 12:00	Body Blast	icpcHealth	John Nicklin
17:30 - 18:00	Tai Chi QiGong	Virtual	Faye Webster

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