

Class Timetable 2021

All classes are bookable online only icpchealth.com.

Almost all virtual classes can be booked on either an individual or monthly subscription basis as you prefer.

**If you are joining us for the first time, you must fill out an online Health Screen Form before attending your first class.
If you are pregnant, please contact our reception team on 01467 633444 before booking.**

MONDAY	12:30 – 13:15	Easy Express Pilates	Virtual	Jane Caney
	13:30 – 14:00	Tai Chi QiGong	Virtual	Faye Webster
	18:00 – 19:00	Barre Pilates	Virtual	Laura Middleton
	18:50 – 19:50	Harder Pilates	icpc Health	Alison Middleton
	19:00 – 20:00	Harder Pilates	Virtual	Alice Hutcheon
TUESDAY	06:30 – 07:30	Harder Pilates	Virtual	Lynsey Ross
	11:30 – 12:15	<i>Gentle Seated & Standing*</i>	Virtual	Lynsey Ross
	12:30 – 13:30	Harder Pilates	icpc Health	Lynsey Ross
	18:00 – 19:00	<i>Beginners Pilates*</i>	Virtual	Ruth McDonald
	19:00 – 20:00	Easy Pilates	Virtual	Ruth McDonald
	19:00 – 20:00	Harder Pilates	icpc Health	Helen Bruce
WEDNESDAY	10:00 – 11:00	Harder Pilates	icpc Health	Laura Middleton
	11:10 – 12:10	Harder Pilates	Virtual	Laura Middleton
	17:50 – 18:50	Harder Pilates	icpc Health	Jenny Robertson
	18:00 – 19:00	Harder Pilates	Virtual	Jane Caney
THURSDAY	10:00 – 11:00	Harder Pilates	Virtual	Jane Caney
	18:00 – 19:00	Easy Pilates	Virtual	Lynsey Ross
	19:00 – 20:00	Harder Pilates	Virtual	Lynsey Ross
FRIDAY	10:10 – 11:10	Harder Pilates	Virtual	Laura Middleton
	17:30 – 18:00	Tai Chi QiGong	Virtual	Faye Webster

**Gentle Seated & Standing and Beginners Pilates is only available to book in 6-week blocks.*