

## Class Timetable: Pilates - Stretch - Nordic Walking

DAY	CLASS TYPE & LEVEL	LOCATION
<b>MONDAY</b>		
09:00 - 12:00	Private classes: Pilates or Nordic Walking	Please contact Caroline for details
12:50 - 13:50	Beginner/Improvers	Fulwood Old Chapel
13:55 - 14:55	Improvers/Intermediate	Fulwood Old Chapel
15:00 - 16:00	Beginners/Improvers	Fulwood Old Chapel
19:00 - 20:00	Intermediate	Ann Chester's Studio
20:10 - 21:10	Intermediate	Ann Chester's Studio
<b>TUESDAY</b>		
09:00 - 12:00	Private classes: Pilates or Nordic Walking	Please contact Caroline for details
12:50 - 13:50	Improvers/Intermediate	Fulwood Old Chapel
13:55 - 14:55	Improvers/Intermediate	Fulwood Old Chapel
15:00 - 16:00	Beginners/Improvers	Fulwood Old Chapel
16:30 - 17:30	<b>Pilates for Teenagers</b>	Ann Chester's Studio
18:00 - 20:30	Private classes: Pilates or Nordic Walking	Please contact Caroline for details
<b>WEDNESDAY</b>		
09:10 - 10:10	Intermediate	Dore & Totley United Reformed Church
10:15 - 11:15	Beginners/Improvers	Dore & Totley United Reformed Church
12:00 - 20:30	Private classes: Pilates or Nordic Walking	Please contact Caroline for details
<b>THURSDAY</b>		
09:30 - 10:30	Intermediate	Hathersage Memorial Hall
10:45 - 11:45	Beginners/Improvers	Hathersage Memorial Hall
12:00 - 13:00	Beginners/Private classes	Hathersage Memorial Hall
14:00 - 20:30	Private classes: Pilates or Nordic Walking	Please contact Caroline for details
<b>FRIDAY</b>		
08.30 - 17:00	Private classes: Pilates or Nordic Walking	Please contact Caroline for details
18:30 - 19:30	<b>Pilates for Sports Performance</b>	Dore & Totley United Reformed Church
<b>SATURDAY</b>		
<b>am - monthly</b>	<b>Stretch Classes - all ages, all levels</b>	Dore & Totley United Reformed Church

VENUES	ADDRESS
Fulwood Old Chapel	Whitely Lane, Fulwood, Sheffield, S10 4GL
Dore & Totley United Reformed Church	Totley Brook Road, Dore, Sheffield, S17 3QS
Hathersage Memorial Hall	Oddfellows Road, Hathersage, Derbyshire, S32 1DU
Ann Chester's Studio	Grange Cottage, Button Hill, Sheffield, S11 9HF