



GREEN PILATES MOVEMENT STUDIO



Class bookings

Christmas Timetable - Monday 21st December – 1st January 2021

Please tick the classes you would like to book for November, then pass to the reception team to allocate for you.

Friday 11th December Mindfulness and Meditation with Jenny

Time	Class	Tick if you would like to book
5.15 – 6.15pm	Mindfulness and Meditation	

Monday 21st December

Time	Class	Tick if you would like to book
9.30 – 10.15 am	Pilates All	
10.30 – 11.15 am	Chiball	
11.30 – 12.15 pm	Barre Fusion	
12.30 – 2.00pm	Chair Pilates MS Society	
6.30 – 7.15pm	Zumba	
7.20 – 8.05pm	LBT	

Tuesday 22nd December

Time	Class	Tick if you would like to book
9.30 – 10.15 am	Pilates All	
10.30 – 11.15 am	Restorative Pilates	
11.30 – 12.15pm	Chair Pilates	
6.00 – 6.45pm	Mind, body, strength teens	
7.00 – 7.45pm	Pilates All	
8.00 – 8.45pm	Zumba tone	

Wednesday 23rd December

Time	Class	Tick if you would like to book
9.30 – 10.15am	Zumba	
10.30 – 11.15am	Pilates All	
11.30 – 12.15pm	Supple Strength	
6.30 – 7.15pm	Zumba	
7.30 – 8.15pm	Strong Nation	

Thursday 24th December

Time	Class	Tick if you would like to book
9.30 – 10.30am	Line Dancing	
10.45 – 11.45am	Pilates and Candles	

25th 26th & 27th December – Closed



GREEN PILATES MOVEMENT STUDIO



Monday 28th December (bank holiday)

Time	Class	Tick if you would like to book
9.30 – 10.15 am	Pilates All	
10.30 – 11.15 am	Chiball	
11.30 – 12.15pm	Chair Pilates MS Society	

Tuesday 29th December

Time	Class	Tick if you would like to book
9.30 – 10.15 am	Pilates All	
10.30 – 11.15 am	Circuits	
11.30 – 12.15pm	Chair Pilates	

Wednesday 30th December

Time	Class	Tick if you would like to book
9.30 – 10.15 am	LBT	
10.30 – 11.15 am	Pilates All	
11.30 – 12.15pm	Supple Strength	

Thursday 31st December

Time	Class	Tick if you would like to book
9.30 – 10.30 am	Line Dancing	
10.45 – 11.45am	Pilates and Candles	

Friday 1st January - closed

Saturday 2nd January & Sunday 3rd as normal

Payment

Once you have your class confirmed by the reception team, you can either purchase a monthly pass or PAY as You Go.

If you would prefer to pay online please either do a bank transfer to:

Miss Yolande Vivienne Green
 HSBC Sort Code: 40-13-18
 Account Number: 91400363

Or via paypal [paypal.me/yolandegreen](https://www.paypal.me/yolandegreen) or yolandegreen@btinternet.com