

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Clinical Yoga (S) Mixed ability Catherine Huck 08:00 – 09:00	Clinical Yoga Mixed/advanced ability Catherine Huck 07:30 – 08:30	Clinical Yoga (S) Mixed ability Catherine Huck 08:00 – 09:00	Reformer Pilates (S) Advanced Vanessa Geremias 08:10 – 09:00	Clinical Yoga (S) Mixed ability Catherine Huck 08:00 – 09:00	Vinyasa Yoga Mixed ability Roosa Leimu 08:15 – 09:15
Clinical Yoga (S) Mixed ability Catherine Huck 09:15 – 10:15	Barre Mixed ability Roosa Leimu 09:00 – 09:50	Clinical Yoga (S) Mixed ability Catherine Huck 09:15 – 10:15	Clinical Yoga Mixed/advanced ability Catherine Huck 09:15 – 10:15	Reformer Pilates (S) Beginners Course Vanessa Geremias 09:10 – 10:00	Matwork Pilates (S) Beginners Course Vanessa Geremias 09:30 – 10:30
Matwork Pilates Mixed ability Sara Fernandez 11:00 – 12:00	Reformer Pilates (S) Advanced Vanessa Geremias 10:00 – 10:50	Mindbody Pilates Mixed ability matwork Andrea Jobbagy 10:30 – 11:30	Matwork Pilates Mixed ability Nicola Graham 11:00 – 12:00	Reformer Pilates (S) Intermediate Andrea Jobbagy 10:10 – 11:00	Reformer Pilates (S) Intermediate Vanessa Geremias 10:40 – 11:30
Matwork Pilates Mixed ability Sara Fernandez 12:15 – 13:15	Matwork Pilates Mixed ability Vanessa Geremias 11:00 – 12:00	Reformer Pilates (S) Intermediate Andrea Jobbagy 11:40 – 12:30	Clinical Yoga (S) Beginners Catherine Huck 12:15 – 13:15	Clinical Yoga (S) Mixed ability Catherine Huck 11:30 – 12:30	Reformer Pilates (S) Beginners Course Vanessa Geremias 11:40 – 12:30
Matwork Pilates Mixed ability Nicola Graham 13:30 – 14:30	Dynamic Hatha Yoga Improver/Mixed ability Bertie Jesson 12:15 – 13:15	Reformer Pilates (S) Intermediate Kate Layton 12:40 – 13:30	Mindbody Pilates Mixed ability matwork Clare MacGinnis 13:30 – 14:30	Clinical Yoga (S) Beginners/Improvers Catherine Huck 12:30 – 13:30	_____
Hatha Yoga Gentle mixed ability Brita Benson 14:45 – 15:45	Tai Chi for health (S) Intermediate Clare MacGinnis 13:30 – 14:30	Matwork Pilates Mixed ability Kate Bennett 16:00 – 17:00	Functional Fitness (S) for older people Clare MacGinnis 14:45 – 15:45	Iyengar Yoga Beginners / Improvers Sophia Argyris 13:40 – 15:10	Yoga Nidra Mixed ability Roosa Leimu 15:00 - 17:00 (monthly)
Matwork Pilates (S) Beginners Course Jane Cunningham 18:00 – 19:00	Functional Fitness (S) for older people Clare MacGinnis 14:45 – 15:45	Matwork Pilates Mixed/Advanced ability Kate Bennett 17:00 – 18:00	Pregnancy Pilates Mixed ability Sara Fernandez 17:00 – 18:00	Barre Pilates Mixed ability Juliette Willman 15:30 - 16:20	
Matwork Pilates Mixed/Advanced ability Jane Cunningham 19:00 – 20:00	STOTT Matwork Pilates Intermediate/Advanced Kate Layton 18:00 – 19:00	Matwork Pilates Mixed ability Kate Bennett 18:00 – 19:00	Reformer Pilates (S) Intermediate Andrea Jobbagy 18:10 – 19:00	Matwork Pilates Mixed ability Sara Fernandez 18:30 – 19:30	
Reformer Pilates (S) Intermediate Andrea Jobbagy 20:10 - 21:00	Dynamic Hatha Yoga Intermediate/Advanced Bertie Jesson 19:30 – 20:45	Iyengar Yoga Intermediate/Advanced Sophia Argyris 19:30 – 21:00	Reformer Pilates (S) Advanced Andrea Jobbagy 19:10 – 20:00		Majority of classes 12-14 (S) = small class size approx. 6-8 people
January 2019 (classes subject to change)			Flow Yoga Mixed ability Roosa Leimu 20:15 – 21:15	hello@oxphys.co.uk 01865 311686	