

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 08:00 – 09:00	Yoga Mixed ability Emma Middleton 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 08:45 – 09:45	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) Intermediate Vanessa Geremias 09:10 – 10:10	Matwork Pilates Beginners Vanessa Geremias 09:30 – 10:30
Matwork Pilates Mixed ability Sara Fernandez 11:00 – 12:00	Reformer Pilates (S) Advanced Vanessa Geremias 09:50 – 10:50	Matwork Pilates Mixed ability Vanessa Geremias 10:30 – 11:30	Yoga Blast Mixed/Advanced ability Bertie Jesso 10:20 - 10:55	Reformer Pilates (S) Intermediate Vanessa Geremias 10:20 – 11:20	Reformer Pilates (S) Intermediate Vanessa Geremias 10:40 – 11:40
Matwork Pilates Mixed ability Gemma Queralt 12:15 – 13:15	Matwork Pilates Mixed ability Vanessa Geremias 11:00 – 12:00	Reformer Pilates (S) Postnatal - babies welcome! Sara Fernandez 11:40 – 12:40	Matwork Pilates Mixed ability Nicola Graham 11:00 – 12:00	Gentle Hatha Yoga Mixed ability Bertie Jesso 11:30 – 12:30	Reformer Pilates (S) Beginners Vanessa Geremias 11:40 – 12:40
Matwork Pilates Mixed ability Nicola Graham 13:30 – 14:30	Dynamic Hatha Yoga Improver/Mixed ability Bertie Jesso 12:15 – 13:15	Reformer Pilates (S) Intermediate Kate Layton 12:45 – 13:45	Clinical Yoga (S) Beginners Catherine Huck 12:15 – 13:15	Matwork Pilates Mixed ability Vanessa Geremias 12:30 – 13:30	Sunday
Reformer Pilates (S) Intermediate Jagoda Kucharska 14:45 - 15:45	Tai Chi for health (S) Intermediate Clare MacGinnis 13:30 – 14:30	Reformer Pilates (S) Intermediate Sara Fernandez 13:50 - 14:50	Mindbody Pilates Mixed ability matwork Clare MacGinnis 13:30 – 14:30	Iyengar Yoga Beginners / Improvers Sophia Argyris 13:40 – 15:10	Yoga Nidra Mixed ability Roosa Leimu 15:00 - 17:00 (monthly)
Matwork Pilates Beginners Jane Cunningham 18:00 – 19:00	Functional Fitness (S) CONTACT FOR DETAILS Clare MacGinnis 14:45 – 15:45	Clinical Yoga (S) Beginners/Improvers Catherine Huck 15:00 – 16:00	Functional Fitness (S) CONTACT FOR DETAILS Clare MacGinnis 14:45 – 15:45	Dynamic Matwork Pilates Mixed/Advanced ability Jagoda Kucharska 17:30 - 18:30	Movement is medicine See you soon! 
Matwork Pilates Mixed/Advanced ability Jane Cunningham 19:00 – 20:00	Reformer Pilates (S) Intermediate Kate Layton 17:30 - 18:30	Matwork Pilates Mixed ability Sara Fernandez 16:00 – 17:00	Clinical Yoga (S) Beginners/Improvers Catherine Huck 16:00 - 17:00	Matwork Pilates Mixed ability Jagoda Kucharska 18:30 – 19:30	
	Reformer Pilates (S) Intermediate Kate Layton 18:30 – 19:30	Reformer Pilates (S) Antenatal Sara Fernandez 17:00 - 18:00	Reformer Pilates (S) Beginners Sara Fernandez 17:00 - 18:00		
	Dynamic Hatha Yoga Intermediate/Advanced Bertie Jesso 19:30 – 20:45	Matwork Pilates Mixed ability Olivia Prince 18:00 – 19:00	Reformer Pilates (S) Intermediate Sara Fernandez 18:00 – 19:00		
September 2019 (classes subject to change)	hello@oxphys.co.uk 01865 311686	Iyengar Yoga Intermediate/Advanced Sophia Argyris 19:30 – 21:00	Flow & Restore Yoga Mixed ability Roosa Leimu 19:30 – 21:00	Majority of classes 12-14 (S) = small class size approx. 6-8 people	