



Altrincham Physiotherapy & Sports Injury Clinic

www.altrinchamphysio.co.uk

0161 926 9988

10 WEEK COURSE

MAY - JULY TIMETABLE STARTS MON 22 MAY - FRI 28 JULY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9 WEEK COURSE	10 WEEK COURSE	10 WEEK COURSE	10 WEEK COURSE	10 WEEK COURSE
0930 - 1030	LEVEL 1 Sara Davenport <i>NO CLASS 29.05</i>	LEVEL 1 + Catherine Allen	LEVEL 2 Zoe Pugh	LEVEL 2 Cath Leftley/Zoe Pugh	LEVEL 2 Catherine Allen
1045 - 1145	FITNESS AFTER 50 Sara Davenport <i>NO CLASS 29.05</i>	LEVEL 1 Zoe Pugh	LEVEL 3 Zoe Pugh	LEVEL 1 Cath Leftley/Zoe Pugh	LEVEL 1 LADIES ONLY Catherine Allen
1200 - 1300	LEVEL 1 Sara Davenport <i>NO CLASS 29.05</i>	LEVEL 3 8 Weeks Cath Leftley <i>NO CLASS 30.05 & 25.07</i>	LEVEL 1 Rebecca Corney	LEVEL 1+ Cath Leftley/Zoe Pugh	LEVEL 1 Catherine Allen
1300 - 1400	LEVEL 1+ Catherine Allen <i>NO CLASS 29.05</i>	LEVEL 3 9 Weeks Zoe Pugh <i>NO CLASS 30.05</i>	LEVEL 1 Rebecca Corney	CHAIR BASED Pilates - Liz Brook <i>13.15 - 14.15</i>	LEVEL 2 Zoe Pugh
1400 - 1500	LEVEL 1 Catherine Allen <i>NO CLASS 29.05</i>	BEGINNERS Catherine Allen			LEVEL 1 Zoe Pugh
1600 - 1700		Level 1 Zoe Pugh			
17.00 - 18.00	LEVEL 1 Heather Thompson <i>NO CLASS 29.05</i>	LEVEL 1 Heather Thompson	LEVEL 1 Heather Thompson		
18.00 - 19.00	LEVEL 2 Faye Clayton-Smith <i>NO CLASS 29.05</i>	LEVEL 2 Heather Thompson	LEVEL 2 Cath Leftley		
19.00 - 20.00	LEVEL 2 Faye Clayton-Smith <i>NO CLASS 29.05</i>	LEVEL 1 Heather Thompson	LEVEL 2 Cath Leftley		

NO CLASSES DUE TO BANK HOLIDAY - MONDAY 29TH MAY

Please read the booking policy overleaf to avoid any disappointment when booking your course.

