**Studio Timetable 2024 Complementary Health Centre, Lee**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **TIME** | **08.30** | **09.00** | **09.30** | | **10.00** | **10.30** | | **11.00** | | **11.30** | **12.00** | | **12.30** | **13:00** | **13.30** | **14.00** | **14.30** | **14.30** | **15.30** | **16.00** | **16.30** | **17.00** | **17.30** | **18.00** | **18:30** | | **19:00** | | **19:30** | | **20:00** | | **20.30** | **21:00** | | **21:30** |
| **MONDAY** |  |  | **PILATES**  Nicole Gatter  09.20 -10.20 | | | | | **TAI CHI**  Martin Gatter  11:00-12:00 | | | | |  | **PILATES**  Nikki Moss  13:00-14:00 | | |  |  |  |  |  |  |  |  |  | |  | | |  | |  |  |  | |  |
| **TUESDAY** |  |  |  | |  |  | |  | | **PILATES**  Nicole Gatter  11:15 -12:15 | | | |  |  |  |  |  |  |  |  |  |  |  | **PILATES**  Linda Davies 18:40-19.55 | | | | | |  | | **PILATES**  Linda Davies  20:00-21:15 | | |  |
| **WEDNESDAY** |  |  |  | |  | **PILATES**  Linda Davies  10:00-11:15 | | | |  |  | **PILATES**  Linda Davies  12:00-13:15 | | | |  |  |  |  |  |  |  |  |  |  | | **YOGA**  Emma Harris  18:30-19:30 | | | | **PILATES**  Nicole Gatter  19:35-20:35 | | | |  |  |
| **THURSDAY** |  |  |  | | **FELDENKRAIS**  Rainer Knupp  10:00-11:00 | | | | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  | |  | | **TAI CHI**  Gareth Pryce  19:30-21:00 | | | |
| **FRIDAY** |  |  |  | | **BABY MASSAGE**  Rachel Channa  10:30-12:00 | | | | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  | |  | |  | |  | |  |  | |  |
| **SATURDAY** |  |  |  | |  | **YOGA**  Emma Harris  10:00 -11:00 | | | | | **PILATES**  Nicole Gatter 11:45-12:45 | | | |  |  |  |  |  |  |  |  |  |  |  | |  | |  | |  | |  |  | |  |
| **SUNDAY** |  |  |  |  | |  |  | | **WELL WOMAN WORKSHOP**  Ntozake Jasiri  11:30-13:30  (1st Sunday of the month) | | | | | |  |  |  |  |  |  |  |  |  |  | |  | |  |  | |  | |  |  | |  |