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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 Gatter09.20 -10.20 | **TAI CHI**Martin Gatter11:00-12:00 |  | **PILATES** Nikki Moss13:00-14:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **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 Davies10:00-11:15 |  |  | **PILATES**Linda Davies12:00-13:15 |  |  |  |  |  |  |  |  |  |   | **YOGA**Emma Harris 18:30-19:30 | **PILATES**Nicole Gatter19:35-20:35 |  |  |
| **THURSDAY** |  |  |  | **FELDENKRAIS**Rainer Knupp10:00-11:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **TAI CHI**Gareth Pryce19:30-21:00  |
| **FRIDAY** |  |  |  | **BABY MASSAGE** Rachel Channa10:30-12:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **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) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |