

## THE STUDIO TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	YOGA BEGINNERS 09:15 – 10:15 VIC	PHYSIO PILATES INTERMEDIATE 09:45 – 10:45 FIONA	FLEXICORE BEGINNERS 09:30 – 10:30 CAMILLA	FLEXICORE BEGINNERS 09:30 – 10:30 NICK		
PHYSIO PILATES MIXED ABILITY 10:30 – 11:30 FIONA	FLEXICORE BEGINNERS 10:30 – 11:30 FRIDA	PHYSIO PILATES BEGINNERS / IMPROVERS 11:00 – 12:00 FIONA	BARRE FITNESS 11:00 – 12:00 SHARRY 07947 222385	INTERMEDIATE FLEXICORE 10:45 – 11:45 ELLIOT		
				FLEXICORE ADVANCED 12:00 – 13:00 ELLIOT	<b>SATURDAY AND SUNDAY STUDIO AVAILABLE FOR HIRE</b>  <b>FOR MORE INFORMATION PLEASE EMAIL</b>  <a href="mailto:thestudio@durhamhousechiropractic.co.uk">thestudio@durhamhousechiropractic.co.uk</a>	
			SILVER SWANS BALLET BEGINNERS 2:00 – 2:50PM LUCY 07798 916306			
FLEXICORE BEGINNERS 18:30 – 19:30 NICK	BARRE MIXED ABILITY 18:30 -19:30 EMMA	YOGA MIXED ABILITY 18:30 – 19:30 SARAH	PILATES BEGINNERS 18:30 – 19:30 YAARA			
FLEXICORE INTERMEDIATE 19:45 – 20:45 NICK			PILATES INTERMEDIATE 19:45 – 20:45 YAARA			

01/01/22

*Please Note:* All classes in WHITE boxes are private Instructors. Bookings must be made via their individual websites.

**ALL DURHAM HOUSE CLASSES in Grey:-** Please book via: [www.thestudiodurhamhouse.co.uk](http://www.thestudiodurhamhouse.co.uk)