

# Summer Timetable 2018

New students arrive 10 mins early to any Basics class or Beginners Course start dates.

See 'Shop' tab for upcoming dates and to book online

**BASICS** - Beginners with less than 6mths exp.

**GENERAL** - With more than 6mths exp.

**WOMENS** - Reproductive health

**RESTORATIVE** - Therapy, pregnancy, seniors

**ALL LEVELS** - All welcome

	M	T	W	T	F	S
8.00						All Levels
9.30			Restorative			Most Classes 1½ hours duration
12.00	Basics (1hr)		Basics (1hr)		Basics (1hr)	
4.00					Womens	
5.30	General	Basics	General	Basics		
7.00	Basics	General	Beginners Course	Restorative		

