

**Royal Parade, Eastbourne BN22 7AQ**

**TEL: 01323 732024**

**info@nftceastbourne.co.uk**[**https://www.naturalfitnessandtherapies.com/**](https://www.naturalfitnessandtherapies.com/)

**CONTACT US FOR A FREE PILATES ASSESSMENT ON 07745 12935**

NEW TO THE TIMETABLE CLASSES ARE HIGHLIGHTED IN RED

 **TIMETABLE**

**MONDAY**

09.45 – 10.45 YOGA SARAH LEE (COMMENCING 27/09)

11.15 – 12.10 PILATES LEVEL 2 DOROTA

16.00 - 17.00 TAI – CHI BEGINNERS TINA (COMMENCING 27/09)

18.00 - 18.55 PILATES LEVEL 2 TRACY F

19.10 – 20.05 PILATES MIXED TRACY F

**TUESDAY**

08.30 - 09.25 PILATES (LEVEL 1) WENDY H

09.40 – 10.35 PILATES (LEVEL 2) WENDY H

10.45 - 11.45 X-HAIL MEDITATION JANE L (COMMENCING 24/09)

16:45 – 17.40 YOGA FOR ALL WENDY P

18.00 – 18.55 YOGA FOR ALL WENDY P

19.10 – 20:05 YOGA FOR ALL WENDY P

**WEDNESDAY**

09.15 – 10.10 PILATES (MIXED) TRACY F

11:00 – 11.55 YOGA FOR ALL JAN

12.15 – 13.10 DRU YOGA JAN

16.45 - 17.45 TAI CHI (INTERMEDIATE) TINA (COMMENCING 29/09)

18.00 – 18.55 PILATES (MIXED) TRACY M

19.10 – 20.05 LADIES PILATES (MIXED ABILITY) TRACY M (Suitable for pre/post-natal)

**THURSDAY**

08.30 – 09.25 PILATES (MIXED ABILITY) TRACY F

09.45 – 10.40 PILATES (LEVEL 1) TRACY F

11.00 – 12.00 PILATES (LEVEL 2) DOROTA

16.45 – 17.40 YOGA FOR ALL CLIVE

18.00 – 18.55 RESTORATIVE YOGA DIANA

19.10 – 20.05 YOGA FOR ALL DIANA

**FRIDAY**

 9.30 - 10.30 TAI CHI (WITH MEDITATION). TINA (COMMENCING 1/10)

11.00 – 11.55 DRU YOGA JAN

12.15 - 13.15 X- HAIL MEDITATION JANE L (24/09)

18.00 – 18.55 YOGA FOR ALL CLIVE

**SATURDAY**

9.30 - 10.15 INSTEPP FITNESS JULIE F (COMMENCING 09/10)

10.30 - 11.15 INSTEPP FITNESS JULIE F (COMMENCING 09/10)

**SUNDAY**

10.30 – 11.15. THE FITNESS GUY (BEGINNERS) GUY C (COMING SOON)

11.30 – 12.15 THE FITNESS GUY (INTERMEDIATE) GUY C (COMING SOON)

**Most classes are run on either monthly or six-week block bookings.**