

NATURAL FITNESS & THERAPIES

— *The Beach Studio* —

Royal Parade, Eastbourne BN22 7AQ

TEL: 01323 732024

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

**STUDIO 1 TIMETABLE**

<u>WEEKDAY</u>	<u>TIME</u>	<u>CLASS TYPE</u>	<u>YOUR TEACHER</u>
<b>MONDAY</b>	08.30 - 09.30	GET FIT with PILATES L1/2	EMMA PETERS from 7/2/22
	11.15 - 12.10	PILATES L2	DOROTA
	16.00 - 17.00	TAI-CHI BEGINNERS	TINA
	18.00 - 18.55	PILATES LEVEL 2	TRACY F
	19.10 - 20.05	PILATES MIXED	TRACY F
<b>TUESDAY</b>	08.30 - 09.25	PILATES LEVEL 1	TRACY F
	09.35 - 10.30	PILATES LEVEL 2	TRACY F
	18.00 - 18.55	YOGA FOR ALL	SARAH LEE from 4/1/22
	19.10 - 20.05	YOGA FOR ALL	SARAH LEE from 4/1/22
<b>WEDNESDAY</b>	08.30 - 09.25	PILATES MIXED	TRACY F
	09.45 - 10.40	PILATES L2	TRACY F
	11.00 - 12.00	YOGA FOR ALL	JAN
	12.15 - 13.15	DRU YOGA	JAN
	18.00 - 18.55	PILATES MIXED	TRACY M
	19.10 - 20.05	LADIES PILATES ALL ABILITIES	TRACY M

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<b>THURSDAY</b>	08.30 - 09.30 09.45 - 10.40 11.00 - 12.00 14.00 to 15.00 15.00 to 16.00 16.00 to 17.00 18.00 - 19.00 19.10 - 20.10	PILATES MIXED ABILITY PILATES LEVEL 1 PILATES LEVEL 2 FAMILY THERAPY FAMILY THERAPY FAMILY THERAPY RESTORATIVE YOGA YOGA FOR ALL	TRACY F TRACY F DOROTA AMANDA F (3RD FEB) AMANDA F (3RD FEB) AMANDA F (3RD FEB) DIANA DIANA
<b>FRIDAY</b>	09.30 - 10.30 11.00 - 12.00 12.15 - 13.15  18.00 - 19.00 19.10 - 20.10	TAI CHI & MEDITATION DRU YOGA X-HAIL MEDITATION  YOGA FOR ALL YOGA FOR ALL	TINA JAN JANE L  CLIVE CLIVE
<b>SATURDAY</b>	10.30 - 11.15	PILATES MIXED	EMMA PETERS 8/1/22
<b>SUNDAY 16th Jan</b>	1.00 - 4.00 pm	YOGA AND SOUND BATH WORKSHOP	ROZ H