

Posture & Flexibility (P&F) and Strength & Flexibility (S&F)

Summer 2009-2010

POSTURE & FLEXIBILITY (P&F) TIMETABLE

Venue: *P&F* Room

Day	Time	Level	Instructor	Class limit
Mon	12.30-1.30	Intermediate	Ben	25
Mon	5.00-6.15	Beginners	Merryn	20
Mon	6.15-7.30	Intermediate	Sonja	25
Tues	12.30-1.30	Beginners	Sonja	20
Tues	6.00-7.30	Advanced	Kit et al.	25
Wed	12.30-1.30	Intermediate	Jen	25
Wed	5.00-6.15	Intermediate	Merryn	25
Wed	6.15-7.30	Intermediate	Merryn	25
Thurs	6.15-7.30	Beginners	Olivia	20
Fri	5.00-6.15	Intermediate	Jen	25
Fri	6.15-7.30	Intermediate Plus	Greg	25
Sun	5.30-6.45	Intermediate	Markus	25

STRENGTH & FLEXIBILITY (S&F) TIMETABLE

Venue: The Monkey Gym

Day	Time	Level	Instructor	Class limit
Mon	6.15-7.15	Beginners	Dave	14
Tues	5.15-6.15	Advanced	Kit et al.	16
Tues	6.15-7.15	Intermediate	Dave	16
Wed	5.15-6.15	Intermediate	Anthony	16
Thurs	5.15-6.15	Beginners	Jon	14
Thurs	6.15-7.15	Intermediate	Kit	16

Supervised S&F training sessions *

Tuesday	7.30-8.45 (morning)
Wednesday	12.00-2.00 (lunchtime)
Thursday	7.30-8.45 (morning)
Friday	4.15-6.15 (evening)
Saturday	3.00-5.00 (afternoon)
Sunday	3.30-5.30 (afternoon)