



AUTUMN F2F & ZOOM TIMETABLE

In Studio 1 @ Kersey Mill & Monks Eleigh Village Hall

Monday 4th September – Friday 20th October 2023

MONDAY	DESCRIPTION	INSTRUCTOR
9.30am -10.30am	Improvers (Studio)	Nicola
10.45am – 11.45am	Beginners/Gentle (Studio)	Nicola
6pm - 7pm	Improvers (Studio)	Gillian
7.15pm – 8.15pm	Beginners (Studio)	Gillian
TUESDAY	DESCRIPTION	INSTRUCTOR
8.30am - 9.30am	Dynamic (Zoom)	Jenny
10.15am – 11.15am	Improvers (Studio)	Jenny
11.30am - 12.30pm	Intermed/Improvers (Studio)	Jenny
7.30pm – 8.30pm	Beginners/Improvers (Studio)	Michaela
WEDNESDAY	DESCRIPTION	INSTRUCTOR
9am - 10am	Intermediate (Studio)	Claire
9.30am - 10.30am	Improvers (MEVH)	Gillian
10.45am – 11.45am	Improvers (MEVH)	Gillian
4.30pm – 5.15pm	Chair Exercise Class (MEVH)	Jenny
5.30pm – 6.30pm	Improvers (MEVH)	Jenny
6.30pm - 7.30pm	Improvers (MEVH)	Jenny
THURSDAY	DESCRIPTION	INSTRUCTOR
8.30am - 9.30am	Dynamic (Zoom)	Jenny
10am – 11am	Beginners/Improvers (Studio)	Michaela
9.45am - 10.45am	Improvers (Zoom)	Jenny
11.30am - 12.30pm	Intermed/Improvers (MEVH)	Jenny
12.30pm - 1.30pm	Improvers (MEVH)	Jenny