

Bloomsbury Clinic & Studio SUMMER TIMETABLE

Monday

Traditional Pilates	Keiran	11-12 noon
Kiddie's Yoga	Cindi	4pm (age 5-7), 5pm (age 8-11)
Kundalini Yoga	Sue	7-8pm

Tuesday

<i>NHS- Time to Talk</i>	<i>NO STUDIO ENTRY</i>	<i>9-5pm</i>
Traditional Pilates	Keiran	6-7pm
Dynamic Pilates	Keiran	7-8pm

Wednesday

<i>NHS- Time to Talk</i>	<i>NO STUDIO ENTRY</i>	<i>9-5pm</i>
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Thursday

Adult Ballet	Olga	9:15-10:45am *£12 1hr 30m class
Traditional Pilates	Keiran	11-12 noon
Rehabilitation Pilates	Keiran	12-1pm
Children's Ballet	Olga	4pm

Friday

Ballet Stretch	Gayle	1-2pm
Gentle Yoga	Eleanor	4:30-5:30pm
Rest & Relaxation	Sam	8-9pm

Price

£10 per class 10 classes = £80 // 5 classes = £45

£5 per class 10 classes = £45 // 5 classes = £22.50 (45 minute class)



Bloomsbury
Clinic & Studio

'The Centre of Health & Beauty'



Call: 07511 659496 - Email: info@bloomsbury-clinic.com - www.bloomsbury-clinic.com