

Linda Riley Detailed Class Schedule – Winter 2008

Please note that there are no classes in the week commencing February 18th for half term week. One-on-ones can be booked throughout the week at the times when classes aren't running. Contact Linda for further details on any of the classes (Tel: **01865 821273** or email Linda_riley100@hotmail.com)

	Time	First Half-term	Second Half-term
Monday			
East Hanney Pilates 1	12:30 – 13:25	Jan 7, 14, 21, 28 Feb 4, 11	Feb 25 Mar 3, 10, 17
East Hanney Pilates 2 Active Pilates	13:30 – 14:25 Evenings from 18:00 See Active Pilates Website for details	" "	" "
		www.activepilates.co.uk/classes/	
Tuesday			
Longworth Pilates	9:30 – 10:30	Jan 8, 15, 22, 29 Feb 5, 12	Feb 26 Mar 4, 11, 18
Longworth Pilates - beginners Longworth Aerobics	17:45 – 18:45 19:00 – 20:00	" "	" "
Wednesday			
Long Furlong Pilates	10:00 – 11:00	Jan 9, 16, 23, 30 Feb 6, 13	Feb 27 Mar 5, 12, 19
St Helen & St Katharine School Active Pilates	15:00 – 16:00 Evenings from 18:00 See Active Pilates Website for details	" "	" "
		www.activepilates.co.uk/classes/	
Thursday			
Active Pilates	9:30 – 11:30 See Active Pilates Website for details	www.activepilates.co.uk/classes/	
St Helen & St Katherine School	16:30 – 17:30	Jan 10, 17, 24, 31 Feb 7, 14	Feb 28 Mar 6, 13
Longworth Pilates	19:30 – 20:30	"	"
Friday			
St Helen & St Katharine School	15:00 – 16:00	Jan 11, 18, 25 Feb 1, 8, 15	Feb 29 Mar 7, 14