

# SATURN FITNESS AND WELLNESS TIMETABLE SEPTEMBER-DECEMBER 2019

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	
MON	Pilates Paul 9.00am	Pilates Paul 9.50am	Pilates Paul 10.40am		Yoga Lucy 12.00pm		Pilates Tina 2.00pm	Pilates Paul 3.10pm			Pilates Paul 6.10pm	Pilates Zoe 7.00pm	Pilates Zoe 8.00pm
TUE	Pilates Jonce 9.00am	Pilates Zoe 10.00am	Pilates Graciella 11.00am			Yoga Jacqueline 12.30pm					Yoga Catherine 6.00pm	Pilates Trish 7.00pm	Pilates Trish 8.00pm
WED	Pilates Jonce 9.00am	Pregnancy Pilates Zoe/10.00am	Pilates Zoe 11.00am								Yoga David 6.00pm	Pilates Emma 7.00pm	Pilates Emma 8.00pm
THU	Pilates Paul 9.00am	Pilates Emma 10.00am	Pilates Emma 11.00am	Pilates Emma 12.00pm	Pilates Emma 1.00pm		Pilates Paul 3.10pm				Pilates Paul 6.10pm	Pilates Zoe 7.00pm	Pilates Zoe 8.00pm
FRI		Pilates Graciella 10.00am	Pilates Graciella 11.00am	Pilates Emma 12.00pm	Pilates Emma 1.00pm							Pilates Jonce 7.00pm	Mens Pilates Jonce 8.00pm
SAT	Pilates Jonce 9.00am												
SUN										Yoga David 6.00pm	Pilates Graciella 7.00pm	Pilates Graciella 8.00pm	

## POWER PLATE CLASSES

**Mornings:** MON / WED / FRI; 8.30, 9.00, 9.30 & 10.00am. • **Evenings;** MON / THU; 5.30, 6.00 & 6.30pm.

A great way to get leaner, fitter, stronger, lose weight, improve balance & have fun too.

You will always be guided by a qualified Power Plate trainer who will ensure you exercise safely & effectively. Maximum 4 people per class.

**NEW TO POWER PLATE? Contact Zoe on 07452 944949.**

## CLASS CONTACTS

**Catherine 07704 934203.** David 07979 657464. **Emma 07758 210691.** Graciella 07936 279910. **Jacqueline 07706 608063.** Jonce 07470 507526.

Lucy 07715 207754. **Paul 07527 540386.** Tina 07917 451982. **Trish 07876 615830.** Zoe 07452 944949.

<b>MASSAGE</b> Fiona 07789 694402	<b>MASSAGE</b> Karen 07789 062934	<b>OSTEOPATHY ABINGDON</b> www.osteopathyabingdon.co.uk <b>01235 533487</b>	<b>OXFORD FAMILY HYPNOTHERAPY</b> www.oxfordfamilyhypnotherapy.co.uk Julia; <b>07754 797365</b>	<b>COUNSELLING</b> Lorinda 07584 709262	<b>PERSONAL TRAINING</b> Jonce 07470 507526	<b>POSTURAL</b> Simon 07400 356518
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**General Enquiries: 07552 045208 • info@saturnfitness.co.uk • www.saturnfitness.co.uk**