

## Meridian Healthcare Wellbeing Class Schedule

### Body Sense / Tai Chi / Pilates/ Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>MORNING</b>					
			Yoga- Private Session with Kris 9:15-10:15		Yoga- Private session with Kris 1st and 3rd Sundays
			Yoga- Private Session with Kris 10:30-11:30		
<b>AFTERNOON</b>					
Body Sense with Miriam 1:00-2:00	Tai Chi with Emanuela 12:45-1:45	Body Sense with Miriam 1:30-2:30	Yoga-Sun Power Yoga with Kris 11:45-1:15	Yoga- Relax with Kris 12:00-1:00	
Yoga- Private Session with Kris 2:15-3:15	Pilates with Emanuela 1:45-2:45		Body Sense with Miriam 1:30-2:30	Yoga-Private Session with Kris 2:00-3:00	
Yoga- Kids, ages 7-10, with Kris coming soon! 4:00-4:30				Yoga- Private Session with Kris 3:15-4:15	
<b>EVENING</b>					
Body Sense with Miriam 7:15-8:15	Tai Chi with Emanuela 5:00-6:00	Body Sense with Miriam 6:00-7:00		Yoga- Relax with Kris 4:30-5:30	
	Pilates with Emanuela 6:00-7:00	Body Sense with Miriam 7:30-8:30			

**Class Fees:**  
**60 minute class £9**  
**90 minute class £12**  
**Private Sessions £20**  
**(Introductory rate)**  
**5 class punch card £40**

Classes have an attendance of up  
to 6 people,  
therefore it is essential to book  
ahead of time.

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