



Timetable 2018

Christine Chawla Pilates

Call or text 07896 421527 to book classes

All classes 55 minutes and payable in advance in blocks unless stated otherwise stated.

DAY	TIME	VENUE	LEVEL	NOTES
Monday	09.30	CCP Studio, Harrogate Racquets Club	Mixed ability general class	Please bring a mat
	11.00	CCP Studio, Harrogate Racquets Club	Intermediate	
Tuesday	09.30	CCP Studio, Harrogate Racquets Club	Mixed ability general class	
	10.30	CCP Studio, Harrogate Racquets Club	Beginners	
	17.55	St Roberts Centre, 3 Robert Street, Harrogate, HG1 1HP	Mixed ability general class	
Wednesday	10.30	CCP Studio, Harrogate Racquets Club	Intermediate / Advanced	
	14.00	CCP Studio, Harrogate Racquets Club	Easy Does It	
	18.15	CCP Studio, Harrogate Racquets Club	Intermediate / Advanced	
Thursday	10.00	CCP Studio, Harrogate Racquets Club	Advanced	Older adult class, 45 mins
	11.00	CCP Studio, Harrogate Racquets Club	Intermediate	
	12.00	CCP Studio, Harrogate Racquets Club	Improvers	
Friday	09.30	CCP Studio, Harrogate Racquets Club	Mixed ability general class	
	10.30	CCP Studio, Harrogate Racquets Club	Intermediate / Advanced	

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