

THE STUDIO TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PILATES 09:15 – 10:15 SHARRY 07947 222385	FLEXICORE BEGINNERS 09:30 – 10:30 GABY	PHYSIO PILATES INTERMEDIATE 09:45 – 10:45 FIONA	FLEXICORE BEGINNERS 09:30 – 10:30 SARAH	FLEXICORE BEGINNERS 09:30 – 10:30 HENRY		
PHYSIO PILATES MIXED ABILITY 10:45 – 11:45 FIONA	FLEXICORE BEGINNERS 10:30 – 11:30 GABY	PHYSIO PILATES BEGINNERS IMPROVERS 11:00 – 12:00 FIONA	BARRE FITNESS 11:00 – 12:00 SHARRY 07947 222385	FLEXICORE INTERMEDIATE ADVANCED 11:15 – 12:15 NICK		
FLEXICORE BEGINNERS 12:00 – 13:00 JAMES	BARRE FITNESS 11:45 – 12:45 SHARRY 07947 222385				SATURDAY AND SUNDAY STUDIO AVAILABLE FOR HIRE	
					FOR MORE INFORMATION PLEASE EMAIL	
					thestudio@durhamhousechiropractic.co.uk	
FLEXICORE BEGINNER/IMPROVER 18:30 – 19:30 NICK	CARDIOCORE MIXED ABILITY 18:30 -19:30 POPPAEA	YOGA MIXED ABILITY 18:30 – 19:30 EVA	PILATES BEGINNERS 18:30 – 19:30 YAARA			
			PILATES INTERMEDIATE 19:45 – 20:45 YAARA			
						03/02/25

Please Note: All classes in WHITE boxes are private Instructors. Bookings must be made via their individual websites.

ALL DURHAM HOUSE CLASSES in Grey:- Please book via: www.thestudiodurhamhouse.co.uk