

The Letchworth Centre for Healthy Living Summer Programme 2010



Booking: All classes must be pre-booked at least one week before the class.

Venue: All classes will be held at The Letchworth Centre for Healthy Living

Concessions: Available for Yoga, Keep Fit, Raqs Sharqi, T'ai Chi.

Refunds: Only if a class is cancelled.

For more information about the classes and our tutors visit: www.letchworthcentre.com

* experienced students only

MONDAYS

DATE	TIME	CLASS	COST PER SESSION	TUTOR	CODE
26 July	09.10-10.40	Yoga*	£7	Lorraine Woods	SY1
2 August	09.10-10.40	Yoga*	£7	Lorraine Woods	SY2
9 August	09.10-10.40	Yoga*	£7	Lorraine Woods	SY3
16 August	09.10-10.40	Yoga*	£7	Lorraine Woods	SY4
26 July	10.45-12.15	Yoga*	£7	Lorraine Woods	SY5
2 August	10.45-12.15	Yoga*	£7	Lorraine Woods	SY6
9 August	10.45-12.15	Yoga*	£7	Lorraine Woods	SY7
16 August	10.45-12.15	Yoga*	£7	Lorraine Woods	SY8
19 July	12.30-13.45	Pilates (Bag/Imp)	£8.20	Julia Crossman	SPL1
26 July	12.30-13.45	Pilates (Bag/Imp)	£8.20	Julia Crossman	SPL2
2 August	12.30-13.45	Pilates (Bag/Imp)	£8.20	Julia Crossman	SPL3
19 July	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL4
26 July	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL5
2 August	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL6
9 August	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL7
16 August	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL8
26 July	19.00-20.30	Yoga*	£7	Lorraine Woods	SY9
2 August	19.00-20.30	Yoga*	£7	Lorraine Woods	SY10
9 August	19.00-20.30	Yoga*	£7	Lorraine Woods	SY11
16 August	19.00-20.30	Yoga*	£7	Lorraine Woods	SY12
26 July	20.40-22.10	Yoga*	£7	Lorraine Woods	SY13
2 August	20.40-22.10	Yoga*	£7	Lorraine Woods	SY14
9 August	20.40-22.10	Yoga*	£7	Lorraine Woods	SY15
16 August	20.40-22.10	Yoga*	£7	Lorraine Woods	SY16

TUESDAYS

20 July	10.00-11.15	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL9
27 July	10.00-11.15	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL10
3 August	10.00-11.15	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL11
10 August	10.00-11.15	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL12
17 August	10.00-11.15	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL13
10 August	18.00-19.00	Yoga for Teens	£7	Jacqueline Whyte	SY17
17 August	18.00-19.00	Yoga for Teens	£7	Jacqueline Whyte	SY18
20 July	19.15-20.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL14
27 July	19.15-20.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL15
3 August	19.15-20.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL16
10 August	19.15-20.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL17
17 August	19.15-20.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL18
27 July	19.00-20.30	Yoga	£7	Hazel Davies	SY19
3 August	19.00-20.30	Yoga	£7	Hazel Davies	SY20
10 August	19.00-20.30	Yoga	£7	Hazel Davies	SY21
17 August	19.00-20.30	Yoga	£7	Hazel Davies	SY22
3 August	19.30-21.00	Raqs Sharqi	£7	Bridget Poulter	SY23
24 August	19.30-21.00	Raqs Sharqi	£7	Bridget Poulter	SY24
20 July	19.00-20.30	hyengar Yoga	£7	Thelma McNairn	SY25
27 July	19.00-20.30	hyengar Yoga	£7	Thelma McNairn	SY26
3 August	19.00-20.30	hyengar Yoga	£7	Thelma McNairn	SY27
10 August	19.00-20.30	hyengar Yoga	£7	Thelma McNairn	SY28
17 August	19.00-20.30	hyengar Yoga	£7	Thelma McNairn	SY29

WEDNESDAYS

21 July	10.30-11.00	Music with Your Baby	£4	Amanda Brosnan	SMYB1
28 July	10.30-11.00	Music with Your Baby	£4	Amanda Brosnan	SMYB2
4 August	10.30-11.00	Music with Your Baby	£4	Amanda Brosnan	SMYB3
11 August	10.30-11.00	Music with Your Baby	£4	Amanda Brosnan	SMYB4
18 August	10.30-11.00	Music with Your Baby	£4	Amanda Brosnan	SMYB5
21 July	11.15-12.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL19
28 July	11.15-12.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL20
4 August	11.15-12.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL21
11 August	11.15-12.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL22
18 August	11.15-12.30	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL23
11 August	18.15-19.45	Yoga	£7	Jacqueline Whyte	SY28
18 August	18.15-19.45	Yoga	£7	Jacqueline Whyte	SY29

WEDNESDAYS

DATE	TIME	CLASS	COST PER SESSION	TUTOR	CODE
21 July	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL24
28 July	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL25
4 August	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL26
11 August	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL27
18 August	17.45-19.00	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL28
21 July	20.00-21.30	Yoga	£7	Sarah Harris	SY30
28 July	20.00-21.30	Yoga	£7	Sarah Harris	SY31
4 August	20.00-21.30	Yoga	£7	Sarah Harris	SY32
4 August	19.00-20.00	Keep Fit	£5.50	Luzi Georgas	SHF1
11 August	19.00-20.00	Keep Fit	£5.50	Luzi Georgas	SHF2
18 August	19.00-20.00	Keep Fit	£5.50	Luzi Georgas	SHF3

THURSDAYS

22 July	13.00-14.30	Yoga	£7	Julie Brunton	SY33
29 July	13.00-14.30	Yoga	£7	Julie Brunton	SY34
5 August	13.00-14.30	Yoga	£7	Julie Brunton	SY35
12 August	13.00-14.30	Yoga	£7	Julie Brunton	SY36
19 August	13.00-14.30	Yoga	£7	Julie Brunton	SY37
12 August	17.15-18.45	Remedial Yoga	£7	Anne Hill	SRE1
29 July	18.50-20.20	Yoga*	£7	Lorraine Woods	SY38
5 August	18.50-20.20	Yoga*	£7	Lorraine Woods	SY39
12 August	18.50-20.20	Yoga*	£7	Lorraine Woods	SY40
19 August	18.50-20.20	Yoga*	£7	Lorraine Woods	SY41
22 July	19.00-20.30	T'ai Chi	£7.50	Ian Deavin	STC1
29 July	19.00-20.30	T'ai Chi	£7.50	Ian Deavin	STC2
5 August	19.00-20.30	T'ai Chi	£7.50	Ian Deavin	STC3
12 August	19.00-20.30	T'ai Chi	£7.50	Ian Deavin	STC4
19 August	19.00-20.30	T'ai Chi	£7.50	Ian Deavin	STC5
22 July	19.00-20.30	Kundalini Yoga	£7	Saibhung Kaur	SKY1
29 July	19.00-20.30	Kundalini Yoga	£7	Saibhung Kaur	SKY2
5 August	19.00-20.30	Kundalini Yoga	£7	Saibhung Kaur	SKY3
12 August	19.00-20.30	Kundalini Yoga	£7	Saibhung Kaur	SKY4
19 August	19.00-20.30	Kundalini Yoga	£7	Saibhung Kaur	SKY5

FRIDAYS

23 July	09.30-10.45	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL29
30 July	09.30-10.45	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL30
6 August	09.30-10.45	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL31
13 August	09.30-10.45	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL32
20 August	09.30-10.45	Pilates (Bag/Imp)	£8.20	Sarah Leslie	SPL33
23 July	11.00-12.15	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL34
30 July	11.00-12.15	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL35
6 August	11.00-12.15	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL36
13 August	11.00-12.15	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL37
20 August	11.00-12.15	Pilates (Bag/Imp)	£8.20	Amanda Brosnan	SPL38

SATURDAYS

31 July	10.00-10.30	Baby Ballet (2-3 yrs)	£4.50	Vickie Lesnick	SBK1
31 July	10.30-11.00	Ballet (4-6 yrs)	£4.50	Vickie Lesnick	SBK2
7 August	10.00-10.30	Baby Ballet (2-3 yrs)	£4.50	Vickie Lesnick	SBK3
7 August	10.30-11.00	Ballet (4-6 yrs)	£4.50	Vickie Lesnick	SBK4
14 August	10.00-10.30	Baby Ballet (2-3 yrs)	£4.50	Vickie Lesnick	SBK5
14 August	10.30-11.00	Ballet (4-6 yrs)	£4.50	Vickie Lesnick	SBK6
21 August	10.00-10.30	Baby Ballet (2-3 yrs)	£4.50	Vickie Lesnick	SBK7
21 August	10.30-11.00	Ballet (4-6 yrs)	£4.50	Vickie Lesnick	SBK8
7 August	08.30-09.30	Keep Fit & Body Conditioning	£5.50	Luzi Georgas	SBK9
14 August	08.30-09.30	Keep Fit & Body Conditioning	£5.50	Luzi Georgas	SBK10
21 August	08.30-09.30	Keep Fit & Body Conditioning	£5.50	Luzi Georgas	SBK11
24 July	08.45-10.15	Yoga	£7	Sarah Harris	SY42
31 July	08.45-10.15	Yoga	£7	Sarah Harris	SY43
7 August	08.45-10.15	Yoga	£7	Sarah Harris	SY44