

# ADULT TIMETABLE

## 2020

### MONDAYS

09.30 - 10.30 Pilates for Improvers  
10.45 - 11.45 Pilates for Osteoporosis  
19.00 - 20.00 Barre Workout  
20.00 - 21.00 Barre Workout

### TUESDAYS

19.00 - 20.00 Adult Tap – Improvers  
20.00 - 20.45 Adult Tap – Beginners

### WEDNESDAYS

9.30 – 10.30 Pilates Beginners  
18.15 – 19.15 Pilates Improvers

### THURSDAYS

20.00 - 21.00 Floor Barre

### FRIDAYS

10.45 - 11.45 Barre Workout

**HAZELWOOD DANCE STUDIOS: TELEPHONE: 01359 269481**  
**EMAIL: [office@hazelwooddance.co.uk](mailto:office@hazelwooddance.co.uk)**