

## Timetable of our Grand Studio classes at Purple Turtle Wellbeing

MONDAY				
Cardio Barre (Accelerated)	Amanda Burton	6.45-7.40pm	£36 for 3 classes (valid for 1 month) or £14 drop-in	<a href="#">Click Here</a>
Barre Bumps (Prenatal)	Amanda Burton	7.45-9pm		
TUESDAY				
Post Natal Pilates	Clare Everett	11-12pm	1 month membership – £49 Block of 6 classes valid for 2 months – £72	<a href="#">Click Here</a>
Beginners/ Improvers Pilates	Clare Everett	6-7pm	Monthly Membership – £49 Term Time Only Membership – £12 per class (paid half-termly)	<a href="#">Click Here</a>
Pilates for Runners	Clare Everett	7.15-8.15 pm	1 month membership – £49 Block of 6 classes valid for 2 months – £72	<a href="#">Click Here</a>
WEDNESDAY				
Lushtums Pregnancy Yoga	Clare Maddalena	6.15-7.30 pm	£12 drop in/5 classes for £55/£10 classes for £100	<a href="#">Click Here</a>
LushTums – Postnatal Yoga	Clair Edwards	10.45-12 am	7 classes for £70, 6 classes for £60, 5 classes for £50 4 classes for £40 drop in £12	<a href="#">Click Here</a>
THURSDAY				
Pilates for runners	Clare Everett	6-7pm	Monthly Membership – £49 Term Time Only Membership – £12 per class (paid half-termly)	<a href="#">Click Here</a>
Fusion Belly Dance	Charlotte Wassell	7.15-8.30 pm	£13 Drop in - £11 if course is booked	<a href="#">Click Here</a>

### Websites



Lushtums

[www.lushtums.co.uk](http://www.lushtums.co.uk)

Clare Everett

[www.restorefitnesstherapies.co.uk](http://www.restorefitnesstherapies.co.uk)