

Name.....

## Mind Body Spirit PILATES

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Please advise me of change of address, email or telephone number below:

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### CONFIRMED TIMETABLE

Please note I am now teaching the 12pm Bespoke Wednesday classes throughout the Pick and Mix

All daytime classes are running now (except the 11am Mondays of course)

Evening classes NOW IT'S 6.30pm FOR ALL THE MONDAYS DURING THE PICK AND MIX, ie NO 6pm or 7pm IT'S 6.30PM INSTEAD!!!

### Summer Pick & Mix Term: Mon 15<sup>th</sup> July – Wed 4<sup>th</sup> September 2019

(No Monday 11am or 6pm/7pm class during this period until the new term starts on  
Monday 9<sup>th</sup> September)

Please study the timetable below in conjunction with your diaries, and then Circle very carefully the Time of each class you would like to attend and calculate your payment accordingly. Please give me your fee and form ASAP to allow me to plan. Thank you.

**\*\*Fee £15**

I wish to attend the following number of classes:

\*\* (No. of classes) \_\_\_\_ x £15 per class = £ \_\_\_\_

Total: £ \_\_\_\_

**Cash is welcome**

Please note that my full address does not appear on my website, please send to my private address, **payable to G. Greenwood.**

**1 West London Studios, 402-408 Fulham Road, SW6 1HR**

*To help me plan, it would be very helpful if you would please give me your forms and fees ASAP, Thank you.*

**Normal Timetable resumes Monday 9<sup>th</sup> September.**

**Please print out the form below:** Thank you.

**Remember to make of note of your classes in your diary!**  
**Please write your name on all 3 sheets!**

Name.....

<i><b>Mon 15<sup>th</sup> July</b></i>	<i><b>Tues 16<sup>th</sup> July</b></i>	<i><b>Wed 17<sup>th</sup> July</b></i>
No Monday 11am class	Budokwai Club 11am	Budokwai Club 11am
Budokwai Club 12pm		Bespoke Pilates 12pm
Baden-Powell House 6.30pm		
<i><b>Mon 22<sup>nd</sup> July</b></i>	<i><b>Tue 23<sup>rd</sup> July</b></i>	<i><b>Wed 24<sup>th</sup> July</b></i>
No Monday 11am class	Budokwai Club 11am	Budokwai Club 11am
Budokwai Club 12pm		Bespoke Pilates 12pm
Baden-Powell House 6.30pm		
<i><b>Mon 29<sup>th</sup> July</b></i>	<i><b>Tues 30<sup>st</sup> July</b></i>	<i><b>Wed 31<sup>st</sup> July</b></i>
No Monday 11am class	Budokwai Club 11am	Budokwai Club 11am
Budokwai Club 12pm		Bespoke Pilates 12pm
Baden-Powell House 6.30pm		
<i><b>Mon 5<sup>th</sup> Aug</b></i>	<i><b>Tues 6<sup>th</sup> Aug</b></i>	<i><b>Wed 7<sup>th</sup> Aug</b></i>
No Monday 11am class	Budokwai Club 11am	Budokwai Club 11am
Budokwai Club 12pm		Bespoke Pilates 12pm
Baden-Powell House 6.30pm		
<i><b>Mon 12<sup>th</sup> Aug</b></i>	<i><b>Tue 13<sup>th</sup> Aug</b></i>	<i><b>Wed 14<sup>th</sup> Aug</b></i>
No Monday 11am class	Budokwai Club 11am	Budokwai Club 11am
Budokwai Club 12pm		Bespoke Pilates 12pm
Baden-Powell House 6.30pm		
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Name.....

<i><b>Mon 19<sup>th</sup> Aug</b></i>	<i><b>Tue 20<sup>th</sup> Aug</b></i>	<i><b>Wed 21<sup>st</sup> Aug</b></i>
No class	No class	No class
No class		No class
No class		
No class		
<i><b>Mon 26<sup>th</sup> Aug</b></i>	<i><b>Tues 27<sup>th</sup> Aug</b></i>	<i><b>Wed 28<sup>th</sup> Aug</b></i>
No class (bank holiday)	No class	No class
No class		No class
No class		
No class		
<i><b>Mon 2<sup>nd</sup> Sept</b></i>	<i><b>Tue 3<sup>rd</sup> Sept</b></i>	<i><b>Wed 4<sup>th</sup> Sept</b></i>
No Monday 11am class	Budokwai Club 11am	Budokwai Club 11am
Budokwai Club 12pm		Bespoke Pilates 12pm
Baden-Powell House 6.30pm		
<p>Normal classes resume Monday 9th September, including 11am, 6pm &amp; 7pm Monday classes.</p>		