



# REDUCED TIMETABLE FOR HALF TERM SCHOOL HOLIDAYS

## OCTOBER 28TH - NOVEMBER 3RD

### MONDAY OCTOBER 28TH

No Classes Today

### TUESDAY OCTOBER 29TH

#### 09:00 Kids Holiday Dance Workshop

Join *Bruna* for this all day immersive dance fun experience. 09:00-15:00

#### 17:45 Pilates Fundamentals Plus

A foundational Pilates class focusing on breath, alignment, and mindful movement. Suitable for all levels. *With Gitte*

### WEDNESDAY OCTOBER 30TH

No Classes Today

### THURSDAY OCTOBER 31ST

#### 09:30 Pilates - Pelvic Floor Focus

Learn pelvic floor and core fundamentals through breath, relaxation, & anatomy guidance. Suitable for all levels, including beginners. *With Gitte*

### FRIDAY NOVEMBER 1ST

#### 13:00 Neurodiverse Parent Support Group

A new group supporting parents of children struggling with anxiety & Neurodiverse challenges *With Louise.*

### SATURDAY NOVEMBER 2ND

No Classes Today

### SUNDAY NOVEMBER 3RD

No Classes Today