










April, May, June 2020

(classes will return to our venues and usual times when we are able to)

 Compton Parish Room	Mondays	9.45am (John)	April 6 th , 20 th , 27 th (no class 13 th April) May 4 th , 11 th , 18 th (no class 25 th May) June 1 st , 8 th , 15 th , 22 nd , 29 th
 Northney Farm	Mondays	11am (Gillian)	April 6 th , 20 th , 27 th (no class 13 th April) May 4 th , 11 th , 18 th (no class 25 th May) June 1 st , 8 th , 15 th , 22 nd , 29 th
	Tuesdays	9.45am (Gillian)	April 7 th , 14 th , 21 st , 28 th May 5 th , 12 th , 19 th (no class 26 th May) June 2 nd , 9 th , 23 rd , 30 th
	Tuesdays	1pm (John) 7pm (Gillian)	April 7 th , 14 th , 21 st , 28 th May 5 th , 12 th , 19 th (no class 26 th May) June 2 nd , 9 th , 23 rd , 30 th
	Wednesdays	11am (Gillian)	April 1 st , 8 th , 15 th , 22 nd , 29 th May 6 th , 13 th , 20 th (no class 27 th May) June 3 rd , 10 th , 17 th , 24 th
	Wednesdays	1pm (John)	April 1 st , 8 th , 15 th , 22 nd , 29 th May 6 th , 13 th , 20 th (no class 27 th May) June 3 rd , 10 th , 17 th , 24 th
	Fridays	9.45am (John)	April 3 rd , 10 th , 17 th , 24 th May 1 st , 8 th , 15 th , 22 nd (no class 29 th May) June 5 th , 12 th , 19 th , 26 th

GENERAL INFORMATION FOR ON LINE ZOOM CLASSES

Monthly BACS payment (G E Burn, 40 47 83 A/N 70133191 - name and class venue as reference e.g. Spencer Compton). **£44 per month** for any class due 1st of month. You can attend your usual class and as a guest for other classes, number permitting. (credit from cancelled classes will be made when we resume normal classes).

You will need a mat/towel and cushion/pillow. We will use spikey balls, stretchy band and soft pilates ball (contact us if you need any kit on loan from us or for the discount code to order via www.physicalcompany.co.uk).

Classes are mixed ability with exercises tailored for individual needs. Please work at a level suitable for you, and your personal health needs. Email us or let us know if you have any specific new health needs.

We will see your movements via our computer screen and will make verbal cues and correction of exercises.

You will receive an email Zoom Pilates invitation and a link to join – please let us know if you do not receive this.

Private Zoom 1:1 sessions available on Thursdays

We look forward to 'seeing' you on line.

