

Adult Classes Commencing 7th of January 2019



Monday	Class	Instructor	Venue	Tel	Website/Email
14:00 - 14:45	Aqua HIIT (Female only)	Natalie T	The Maqam Centre	0207 625 0375	www.themaqamcentre.com
19:00 - 20:00	Pilates Mat Class	Jasmine	The Maqam Centre	0207 625 0375	www.themaqamcentre.com
Tuesday	Class	Instructor	Venue		
09:30 - 10:30	Vinyasa Flow	Zoe	The Maqam Centre	0207 625 0375	www.themaqamcentre.com
10:35 - 11:35	Pilates Mat Class	Jasmine	The Maqam Centre	0207 625 0375	www.themaqamcentre.com
19:00 - 20:00	Music Video Dance Class	Miriam	The Maqam Centre	07763 915 011	miriam@theofficialdanceparty.com
Wednesday	Class	Instructor	Venue		
12:00 - 13:00	Ladies Only Pilates	Grace & Poise	The Maqam Centre	0203 1378 790	www.graceandpoise.co.uk
18:45 - 19:45	Yin Yoga	Paola	The Maqam Centre	0207 625 0375	www.themaqamcentre.com
19:30 - 20:15	Aqua HIIT (Female only)	Natalie T	The Maqam Centre	0207 625 0375	www.themaqamcentre.com
Thursday	Class	Instructor	Venue		
10:30 - 11:15	Aqua HIIT (Female only)	Natalie T	The Maqam Centre	0207 625 0375	www.themaqamcentre.com
Friday	Class	Instructor	Venue		
09:30 - 10:30	Free Flow Yoga	Natalie D	The Maqam Centre	0207 625 0375	www.themaqamcentre.com
10:35 - 11:35	Pilates Mat Class	Jasmine	The Maqam Centre	0207 625 0375	www.themaqamcentre.com
18:00 - 19:00	Ladies Only Pilates	Grace & Poise	The Maqam Centre	07515 538 649	www.graceandpoise.co.uk

