


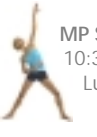



# TIMETABLE CLASSES

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www.methodputkisto.com

From January 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00				MP OUTDOOR MOVEMENT WITH NORDIC WALKING POLES 8:00-09:00 Marja		
8.30						One-to- one 8:00 -09.45
9.00	MP OUTDOOR MOVEMENT WITH NORDIC WALKING POLES 09:15-10:30 Marja	One-to- one 8:00 -10:00	One-to- one 8:00 -09.45	MP PEAK ADVANCED 9:15-10:30 Marja 	MP STRETCH 9:15-10:30 Lucy C. 	MP OUTDOOR MOVEMENT WITH NORDIC WALKING POLES 9:00-9:45 Marja
9.30						
10.00						
10.30					MP WALKING WITH NORDIC WALKING POLES 09:45-11:00 Marja	MP INTERMEDIATE 10:00-11:15 Marja 
11.00	MP STRETCH 10:45-12:00 Lynn 	MP STRETCH 10:30-11:45 Lucy C. 	MP STRETCH 10:15-11:30 Annie 	MP PILATES 10:45-11:45 Marja 		
11.30			FACE SCHOOL 11:30-12:00 Annie 			
12.00	MP 30 DAY PROGRAMME or INTRODUCTORY WORKSHOPS 12:15 – 14:30			MP 30 DAY PROGRAMME or INTRODUCTORY WORKSHOPS 12:00-14:15	INTRODUCTORY WORKSHOPS 11:00-13:15 OR 2:30-4:45	
12.30						
13.00						
13.30						
14.00						
14.30	One-to- one 13:30-16:30					MP FACE + BODY WORKSHOPS 14:00-16:15 Marja Putkisto
15.00						
15.30		One-to-one 13:30-18:30	One-to-one 13:30-18:30			
16.00						
16.30						
17.00						
17.30						
18.00						
18.30						
19.00	FACE SCHOOL 19:00-19:30 Marja 		FACE SCHOOL 19:00-19:30 Annie 			
19.30						
20.00	MP SPINAL MOBILITY 19:45-21:00 Marja	MP FACE + SPECIAL FOCUS WORKSHOPS 19:00-21:15	MP STRETCH INDERMEDIATE 19:45-21.00 Marja 	MP STRETCH + PILATES 19:45-21:00 Marja 		
20.30						
21.00						

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STUDIO

At the *Method Putkisto Studio* we are dedicated to teach you how to discover a new relationship with your body through specialised breathing, muscle stretching and strengthening. In this centre of excellence you will be given personal attention in small classes by our highly trained team of instructors and learn skills for life. Marja Putkisto, the founder of Method Putkisto, established the Studio in 2000. There are now 5 studios worldwide.

*Classes subject to demand. MP denotes Method Putkisto. Method Putkisto is protected trademark and can be taught by qualified registered instructors.*

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