

TIMETABLE CLASSES

020 887 7384 / 07946 597449

studio@methodputkisto.com

www.methodputkisto.com

from January 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00	MP OUTDOOR MOVEMENT WITH NORDIC WALKING POLES 09:15-10:30 Marja or MP STRETCH Sandie/Lucy	One-to-one 09:00 -10:00	One-to-one 09:00 -10:00	One-to-one 08:00 -09:00	MP WALKING WITH NORDIC WALKING POLES 09:15-10:30 Marja (note: no class when Marja is away)	One-to-one 08:00-12:00
9:30						
10:00						
10.30		MP STRETCH 10:15-11:30 Lucy	MP STRETCH 10:15-11:30 Marja (note: no class when Marja is away)	3D NATURAL FACE CLINIC 10:35-10:55 Marja (note: no class when Marja is away)		
11.00	One-to-one 11:00-18:00		3D NATURAL FACE CLINIC 11:30-12:10 Marja (note: no class when Marja is away)	MP PILATES 10:55-11:55 Marja / Lucy (note: starts at 10:45 when Marja is away)	MP STRETCH 11:00-12:15 Marja / Sandie NEW! - start date TBC	
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20:00			MP STRETCH INTERMEDIATE 19:45-21:00 Marja / Lucy	MASTERCLASS WORKSHOP 19:00-21:15 Marja		
20.30	MP SPINAL MOBILITY 19:45-21:00 Marja / Sandie					
21:00						

At the *Method Putkisto Studio* we are dedicated to teaching 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 and change – see website for details. MP denotes Method Putkisto. See separate timetables for Workshop dates. Method Putkisto is a protected trademark and can only be taught by qualified registered instructors. © Method Putkisto Studio, 2012. All rights reserved.