





TIMETABLE CLASSES

From January 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00	MP OUTDOOR MOVEMENT WITH NORDIC WALKING POLES 09:15-10:30 Marja	One-to- one 09:00 -10:00	One-to- one 09:00 -10.00	MP PEAK ADVANCED 09:15-10:30 Marja	MP STRETCH 09:15-10:30 Andi	One-to- one 08:45 -09:45
9.30						
10.00						
10.30		MP STRETCH 10:15-11:30 Lucy	MP STRETCH 10:15-11:30 Marja	 NATURAL FACE CLINIC 10:35-10:55 Marja	or MP WALKING WITH NORDIC WALKING POLES 09:15-10:30 Marja	NEW TIME MP INTERMEDIATE 10:00-11:15 Marja
11.00				MP PILATES 10:55-11:55 Marja		
11.30		TBC MP PILATES 11:30 – 12:30 Lucy	 FACE SCHOOL 11:30 - 12:10 Marja			
12.00						
12.30						
13.00		NEW MP PILATES / INTRODUCTORY WORKSHOP 13:00-15:15	MP FACE / INTRODUCTORY WORKSHOP 13:00-15:15		One-to-one 11:00-15:00	MP PILATES / INTRODUCTORY WORKSHOP 12:00-14:15
13.30	One-to- one 11:00-18:00					Or
14.00				One-to-one 12:30-17:30		MP FACE WORKSHOP 14:00-16:15
14.30						
15.00						
15.30						
16.00						
16.30		One-to-one 15:30-18:00	One-to-one 15:30-18:00			
17.00						
17.30						
18.00						
18.30						
19.00						
19.30		TBC MP PILATES 18:30 – 19:30 Johanna		MP PILATES / INTRODUCTORY / MASTERCLASS WORKSHOP 19:00-21:15		
20.00						
20.30	MP SPINAL MOBILITY 19:45-21:00 Marja	TBC MP STRETCH 19:45-21:00 Andi	MP STRETCH INTERMEDIATE 19:45-21:00 Marja			
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. MP denotes Method Putkisto. See separate timetables for Workshop dates.

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