

# TIMETABLE CLASSES

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from September 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9.00	<b>MP OUTDOOR MOVEMENT WITH NORDIC WALKING POLES</b> 09:15-10:30 Marja / Sandie	<b>One-to-one</b> 09:00 -10:00	<b>One-to-one</b> 09:00 -10.00	<b>One-to- one</b> 08:00 -09.00	<b>MP WALKING WITH NORDIC WALKING POLES</b> 09:15-10:30 Marja / Sandie	<b>One-to- one</b> 08:00-12:00	
9:30				<b>MP PEAK ADVANCED</b> 09:15-10:30 Marja / Lucy			
10:00							
10.30		<b>MP STRETCH</b> 10:15-11:30 Lucy	<b>MP STRETCH</b> 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	<b>One-to- one</b> 11:00-18:00			<b>MP PILATES</b> 10:55-11:55 Marja / Lucy	<b>MP WALKING WITH NORDIC WALKING POLES</b> 11:00-12:15 Marja / Sandie		
11.30			3D NATURAL FACE CLINIC 11:30-12:10 Marja (note: no class when Marja is away)	Note: starts at 10:45 when Marja is away)			
12.00							
12.30							
13:00							
13:30					<b>One-to-one</b> 12:30-17:30	<b>One-to-one</b> 13:00-15:00	
14:00					OR		
14:30					<b>MASTERCLASS WORKSHOP</b> 14:00 – 16:15 Marja		
15:00							
15:30							
16:00							
16:30		<b>One-to-one</b> 15:30-18:00	<b>One-to-one</b> 15:30-18:00				
17:00							
17:30							
18:00							
18:30							
19:00							
19:30				<b>MASTERCLASS WORKSHOP</b> 19:00-21:15 Marja			
20:00	<b>MP SPINAL MOBILITY</b> 19:45-21:00 Marja / Sandie		<b>MP STRETCH INTERMEDIATE</b> 19:45-21:00 Marja / Lucy				
20:30							
21:00							

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**STUDIO**

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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