**The MMI Studio 1 Timetable**

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| **Day** | **Classes** | **Contact** |
| ***Monday*** | **Staged Foundation Improvers Pilates** 9.30am-10.30am**Intermediate** 10.45am-11.45am**Improvers Pilates** 12.00pm-1.00pm | Heidi Dorschler 07967311186 [www.HDPilatesCornwall.com](http://www.HDPilatesCornwall.com) |
| ***Tuesday*** | **Silver Swans** 10.30am-11.30am**General Yoga** 6.30pm-7.45pm | Capitol School of Dance Principal – Mrs Kay Jones FISTDkaycecilejones@gmail.comKathryn Carlisle 07925025867 kosmickathryn@hotmail.com |
| ***Wednesday*** | **Foundation Pilates** 9.30am-10.30am**Improvers Pilates** 10.45am-11.45am**Men Only Staged Foundation Improvers** 12.00pm-1.00pm **Dance Fusion (Years 4, 5 & 6)** 3.30-4.25pm**Dance Fusion (Years 6, 7, & 8)**4.30-5.30pm**Evening Flow** 6.00pm-7.00pm**Twilight Yin / Restorative Yoga** 7.15pm-8.15pm | Heidi Dorschler 07967311186 [www.HDPilatesCornwall.com](http://www.HDPilatesCornwall.com)www.showtimecornwall.comDanielle Arkison07815 189337[www.danielleyoga.com](http://www.danielleyoga.com) |
| ***Thursday*** | **Sunrise Yoga** 10am-11.30am - every 2nd Thursday of the month starting 16th May**Gentle Pilates** 6.00pm-7.00pm**Intermediate Pilates** 7.10pm-8.10pm | Serena Pettigrew-Jollywww.sunrisecornwall.org.ukShelley at Empower Pilates07977 266268www.empowerpilates.org |
| ***Friday*** | **Toddler Yoga** 9.30am-10.15am**Mum & Baby Yoga** (suitable for babies 6+ weeks) 10.30am-11.30am**Restorative Workshops** 6.00 – 9pm | Danielle Arkison07815 189337www.danielleyoga.com |
| ***Saturday*** | **Tai Chi** 9.30-11am**Restorative Workshops** | James Dixon 07870 550861 |
| ***Sunday*** | **Restorative workshops** |  |

**To hire the studios please contact the MMI office on 01872 553870 or e-mail** **enquiries@stagnesmmi.co.uk**

**Please contact teachers directly regarding their classes at the studios,**

**details of all classes are on our website** [**www.stagnesmmi.co.uk/groups-and-classes**](http://www.stagnesmmi.co.uk/groups-and-classes)