



Harley Street at Home

MENOPAUSE

Summer Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Exercise Class	Yoga Class	Exercise Class	Yoga Class	Exercise Class		
8AM	Rise and Shine Yoga with Annie Hayes-Pantony	Pilates For You with Carolyn Atkins		Bring on the Band with Caroline Kerslake	Exercise Class	Exercise Class	
9.30AM				Find Your Fitness and Strength with Lesley Waldron			Yoga Class
10.30AM				Every other week: The Menopause Clinic with Dr Liz Andrew			
11AM				Rachel Willett's Mind Bites	Real Women, Real Stories	Back to Basics Weight Management Programme	Rachel Willett's Mind Bites
11.30AM		The Menopause Clinic with Dr Corinne Fletcher					
12.30PM		Rachel Willett's Mind Bites				Medical Session	The Menopause Kitchen with Nigel Denby
1PM		Ten on Test OR Diets Unwrapped	Know Your Nutrients with Lucy Jones		Back to Basics Question Time with Nigel Denby		
4PM				Every other week: The Menopause Clinic with Dr Emma Ping			
6PM	Yoga Class			The Menopause Kitchen with Nigel Denby		Yoga Class	Exercise Class
7PM	Back to Basics Weight Management Programme				Yoga Class		
8PM		Tone Up with Coach Clara	Stress Less Yoga with Louise Bartlett	Calm Your Mind and Body with Alex Bannard			

Events with ● are live