

## HILLHEAD SPORTS CLUB CLASSES

TIME	CLASS	CONTACT	LINK
<b>MONDAY</b>			
10.45 - 11.45am	Easy Exercise	Mariusz 07393 602368 or Email: <a href="mailto:mbsfitness18@gmail.com">mbsfitness18@gmail.com</a>	<a href="mailto:mbsfitness18@gmail.com">mbsfitness18@gmail.com</a>
7.00 - 9.00pm	Mind the Men	Email: <a href="mailto:Mindthemen@gmail.com">Mindthemen@gmail.com</a> <a href="http://www.mindthemen.co.uk/">http://www.mindthemen.co.uk/</a>	
7.00 - 8.00pm	Yoga	Constance 07414 628862 or Email: <a href="mailto:cddanse@msn.com">cddanse@msn.com</a> <a href="https://linktr.ee/YogaMademoiselle">https://linktr.ee/YogaMademoiselle</a>	
<b>TUESDAY</b>			
9.45 - 10.45am	Pilates	Alisa-Mary 07493 140708 or Email: <a href="mailto:AMGPilates@outlook.com">AMGPilates@outlook.com</a> <a href="https://www.facebook.com/search/top/?q=%40AMGPilates">https://www.facebook.com/search/top/?q=%40AMGPilates</a>	
4.30 - 7.30pm (3 classes)	Glasgow Dance Academy	Hazel 07792 922155 or <a href="mailto:info@glasgowdanceacademy.com">info@glasgowdanceacademy.com</a> <a href="https://glasgowdanceacademy.com/">https://glasgowdanceacademy.com/</a>	
<b>WEDNESDAY</b>			
9.45 - 10.45am	Yoga	Polly 07903 303985 <a href="mailto:sukhovapolly@gmail.com">sukhovapolly@gmail.com</a> <a href="https://www.facebook.com/search/top?q=%40skulptglasgow">https://www.facebook.com/search/top?q=%40skulptglasgow</a>	
1.30 - 2.30pm	Mum and Baby Pilates	Kerry 07876 473381 Email: <a href="mailto:Kerrystewartpilates@gmail.com">Kerrystewartpilates@gmail.com</a>	
5.30 - 6.30pm	Pilates	Alisa-Mary 07493 140708 or Email: <a href="mailto:AMGPilates@outlook.com">AMGPilates@outlook.com</a> <a href="https://www.facebook.com/search/top/?q=%40AMGPilates">https://www.facebook.com/search/top/?q=%40AMGPilates</a>	

7.00 - 9.00pm	HEMA (Historical European Martial Arts)	<a href="#">Glasgow HEMA</a> Email: <a href="mailto:glasgowhema@gmail.com">glasgowhema@gmail.com</a>	
<b>THURSDAY</b>			
9.45 - 10.45am	Pilates	Alisa-Mary 07493 140708 Email: <a href="mailto:AMGPilates@outlook.com">AMGPilates@outlook.com</a> <a href="https://www.facebook.com/search/top?q=%40AMGPilates">https://www.facebook.com/search/top?q=%40AMGPilates</a>	
6.00 - 7.00pm	Yoga	Polly 07903 303985 Email: <a href="mailto:sukhovapolly@gmail.com">sukhovapolly@gmail.com</a> <a href="https://www.facebook.com/search/top?q=%40skulptglasgow">https://www.facebook.com/search/top?q=%40skulptglasgow</a>	
7.00 - 8.00pm	Yoga	Polly 07903 303985 Email: <a href="mailto:sukhovapolly@gmail.com">sukhovapolly@gmail.com</a> <a href="https://www.facebook.com/search/top?q=%40skulptglasgow">https://www.facebook.com/search/top?q=%40skulptglasgow</a>	
<b>FRIDAY</b>			
9.30 - 10.30am	Pilates	Ann 07825 648832 or Email: <a href="mailto:ann.shaw_pilatesforhealth@hotmail.com">ann.shaw_pilatesforhealth@hotmail.com</a>	