

Current Pilates Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Studio	Studio	Studio	Studio	Studio
07.30					
08.00					
08.30		Intermediate 1 Reformer 08.45 - Emily (45 min)			
09.00					Intermediate 2 Mat 09.15 - Emily/Hannah/Rachael (60min)
09.30	Intermediate 1 Mat 09.15 - Rachael/Emily (60 min)	Intermediate 1 Reformer 09.30 - Emily (45 min)			
10.00					
10.30	Post Natal Mat (60min) 10.15 - Rachael 21st July, 28th July, 11th August	Rehab Mat 10.30 - Emily (60min)			
11.00					
11.30					
12.00					
12.30					
13.00	Intermediate 1 Reformer 13.00 - Rachael/Christina (45min)				Intermediate 2 Reformer 13.00 - Christina/Rachael (45min)
13.30					
14.00					
14.30					
15.00					
15.30					
16.00	Intermediate 2 Reformer 16.15 - Christina/Emily (45min)				
16.30					
17.00	Intermediate 2 Reformer 17.00 - Christina/Emily (45min)				
17.30			Intermediate 1 Reformer 17.45 - Christina (45min)		
18.00					
18.30		Beginners Mat 18.30 - Hannah (60min)	Intermediate 2 Reformer 18.30 - Christina (45min)		
19.00					
19.30		Intermediate 1 Mat 19.30 - Hannah (60min)	Mixed Level Mat 19.30 - Christina/Emily/Rachael (60min)		
20.00					
20.30					
21.00					

 Large class (maximum 14 people)

 Small class (maximum 8 people)

 Small class (maximum 4 people)