

Pilates Class Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00						
09:00			Pilates Beginners			Pilates Beginners
10:00		Fit Back + Bumps (Post Natal)			Pilates Improvers	Pilates Improvers
11:00		Pilates Post Natal (with babies)				Pilates Beginners
12:00		Pilates Beginners		Pilates Improvers		
01:00						
02:00						
03:00		Pilates Post Natal (with babies)				
04:00						
05:00						
06:00	Pilates Improvers	Pilates Beginners	Fit Back + Bumps (Ante Natal)			
07:00	Pilates Beginners	Pilates Improvers	Pilates Beginners	Pilates Improvers		

We have a maximum of 8 people per class, so booking in advance is advised

Individual classes £12.00

Block of 10 Classes £100.00 (no expiry date)