

Class Timetable

Day	Time	Class	Instructor
Monday	10am-11am	Pilates	Sally
Tuesday	10am-11am 11am – 12pm 1pm-2pm	Pilates Yoga Pilates	Sally Kate Sally
Wednesday	8am-9am 9:15am-10am 10am-11am 11am -12pm 6pm- 7pm	Pilates Men's Stretching Pilates Pilates Pilates	Sally Sam Sally Sally Sally
Thursday	10am -11am 11am-12pm 5:15pm – 6pm 6pm-7pm 7pm-8pm	Pilates Pilates Men's Stretching Pilates Pilates	Sally Sally Rob Sally Sally
Friday	9am-10am 10am – 11am 11am – 12pm 1pm – 2pm	Pilates Pilates Yoga Reach your Peak Circuit	Sally Sally Kate Maria
Saturday	9am-10am 10am-11am 11am-12pm 12pm -1pm	Pilates Pilates Pilates Pilates	Elen Elen Elen Elen

Spaces are limited, please call 01492 338262 to see if there is availability in the class you wish to join.

Class payment is per course, not per class. There are no refunds for missed classes, but it maybe possible to fit you into another class, within the same week, if space is available.

Private tuition for small groups or individuals is also available by appointment. Please ask at Reception for details.