

Summer Pilates Timetable 2018



Week 1 - Week beginning 6th August

Week 2 - Week beginning 13th August

Day / Time	Level	Instructor
Monday 9.30am	Beginners	Kim
Monday 12.30pm	Pilates Express - Abdo Blast	Francesca
Monday 6pm	Intermediate	Francesca
Monday 7pm	Beginners	Francesca
Tuesday 10am	Absolute Beginners	Chris
Tuesday 12.30pm	Pilates Express - Glutes Blast	Francesca
Tuesday 7pm	Advanced	Kim
Wednesday 1pm	Beginners	Francesca
Wednesday 5pm	Beginners	Roz
Wednesday 6pm	Intermediate	Kim
Wednesday 7pm	All The Balls	Roz
Thursday 9.30am	Charity Mixed Mat	Roz
Thursday 5pm	Beginners	Francesca
Thursday 6pm	Advanced	Kim
Thursday 7pm	Intermediate	Kim
Friday 11am	Intermediate	Kim
Saturday 9am	Mixed	Francesca

Day / Time	Level	Instructor
Monday 9.30am	Beginners	Kim
Monday 12.30pm	Pilates Express - Glutes Blast	Francesca
Monday 6pm	Intermediate	Francesca
Monday 7pm	Beginners	Francesca
Tuesday 10am	Charity Mixed Mat	Chris
Tuesday 1pm	Pilates Express - Abdo Blast	Hugo
Tuesday 6pm	Pilates for Sports	Hugo
Tuesday 7pm	Advanced	Kim
Wednesday 1pm	Beginners	Hugo
Wednesday 5pm	Beginners	Roz
Wednesday 6pm	Intermediate	Francesca
Wednesday 7pm	Magic Circle	Francesca
Thursday 9.30am	All the Balls	Roz
Thursday 5pm	Beginners	Hugo
Thursday 6pm	Advanced	Kim
Thursday 7pm	Intermediate	Kim
Friday 11am	Intermediate	Kim
Saturday 9am	Mixed	Hugo

Maintain an injury free and active lifestyle

Summer Pilates Timetable 2018



Week 3 - Week beginning 20th August

Day / Time	Level	Instructor
Monday 9.30am	Beginners	Kim
Monday 12.30pm	Pilates Express - Abdo Blast	Francesca
Monday 6pm	Intermediate	Francesca
Monday 7pm	Beginners	Francesca
Tuesday 10am	All the Balls	Chris
Tuesday 1pm	Pilates Express - Glutes Blast	Hugo
Tuesday 6pm	Charity Mixed Mat	Hugo
Tuesday 7pm	Advanced	Kim
Wednesday 1pm	Beginners	Hugo
Wednesday 5pm	Beginners	Roz
Wednesday 6pm	Intermediate	Francesca
Wednesday 7pm	Pilates for Sports	Francesca
Thursday 9.30am	Magic Circle	Roz
Thursday 5pm	Beginners	Hugo
Thursday 6pm	Advanced	Kim
Thursday 7pm	Intermediate	Kim
Friday 11am	Intermediate	Kim

Week 4 - Week beginning 27th August

Day / Time	Level	Instructor
Tuesday 10am	All the Balls	Chris
Tuesday 1pm	Pilates Express - Abdo Blast	Hugo
Tuesday 6pm	Magic Circle	Hugo
Tuesday 7pm	Advanced	Kim
Wednesday 1pm	Beginners	Hugo
Wednesday 5pm	Beginners	Roz
Wednesday 6pm	Intermediate	Francesca
Wednesday 7pm	Charity Mixed Mat	Francesca
Thursday 9.30am	Absolute Beginners	Roz
Thursday 5pm	Beginners	Hugo
Thursday 6pm	Advanced	Kim
Thursday 7pm	Intermediate	Kim
Friday 11am	Intermediate	Kim
Saturday 9am	Mixed	Hugo

** Free Pilates 1-2-1 **

Throughout August, we are offering a free Pilates 1-2-1 for anyone new to Pilates, worth £40.

If you or someone you know would like to join a Pilates class, a 1-2-1 is the best way to help you get the most from classes.

Just quote 'SUMMER PILATES' when booking.