



PILATES STUDIO TIMETABLE – From October, 2018

Group Reformer Classes: (maximum 5 persons)

DAY	DIFFICULTY/LEVEL	TIME	TEACHER
Monday	General class for all levels	13.30-14.30	Silvie
	Beginners	18.00-19.00	Stephanie
Tuesday	General – all levels - Glute Camp! It's all about the base!	9.30-10.30	Jo
	All levels Circuit Class taught on Equipment and mat!	10.30-11.30	Jo
	All levels	12.30-13.30	Jo
	Improvers/Intermediate level	18.00-19.00	Karen
Thursday	General class for all levels	9.30-10.30	Karen
Saturday	Intermediate/Advanced	9.00-10.00	Karen
	Improvers	10.00-11.00	Karen
	Improvers	11.00-12.00	Karen
	Beginners	12.00-13.00	Karen

1-2-1 and 2-2-1 Availability: (by appointment)

Call 020 8655 1664 for further information or to book an appointment