



PILATES STUDIO TIMETABLE – From July, 2023

Group Reformer Classes: (maximum 5 persons)

DAY	DIFFICULTY/LEVEL	TIME	TEACHER
Monday	General class for all levels	13.45-14.45	Silvie
	Improvers	20.15-21.15	Silvie
Tuesday	Beginners	09.15-10.15	Karen
	General class for all levels	10.30-11.30	Karen
	Improvers/Intermediate	17.30-18.30	Karen
Wednesday	Beginners/General	10.30-11.30	Karen
	Improvers	19.00-20.00	Silvie
	Beginners	20.15-21.15	Silvie
Thursday	General class for all levels	10.30-11.30	Karen
Friday	Beginners	12.00-13.00	Silvie
	General class for all levels	13.15-14.15	Silvie
Saturday	Intermediate/Advanced	9.00-10.00	Karen
	Improvers	10.30-11.30	Karen
	Beginners/General	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