

PILATES TIMETABLE



Contact us to book:

Back In Shape
177 Shirley Rd, CR0 8SS

T: 0208 655 1664

E: Info@backinshape.co.uk

Monday

1pm Beginner - Silvie

8.15pm Improvers - Silvie

Tuesday

4pm Improvers - Diana

5pm Impr/Adv - Diana

Wednesday

9am Beginners - Silvie

10.15am Impr's- Silvie

11.30am Impr's- Silvie

7pm Impr's - Silvie

8.15pm Beginners - Silvie

Thursday

10.30am Beginners - Kay

5.30pm Beginners - Diana

6.30pm Beginners - Diana

Friday

12.15pm Beginners- Silvie

1.30pm Improvers - Silvie

Saturday

9am Advanced - Karen

10.30am Improvers - Karen

12pm Gentle - Karen

1-2-1 and 2-2-1 lessons available on request

www.croydonpilates.co.uk