

Pilates Art Physiotherapy Wimbledon Class Timetable

Our classes are sold in blocks of ten or twenty. [Enjoy your first class for FREE](#). Then, book a block of Pilates classes and receive a [FREE 30 minute assessment](#) with a Physiotherapist to discuss any past injuries, identify key areas and establish aims to work on. The Physiotherapist will then advise you on which classes are best suited to you.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.15am						Ante & Post Natal Megan/Lynn
9.45am			Cardio Mat Claire			
10.00am		Circuit Equipment Pilates Emma				
10.15am						Beginner & Inters Mat Megan/Lynn
11.00am	Cardio Equipment Pilates Nikki					
11.15am					Ante & Post Natal Mat Mel	
12.00pm	Cardio Equipment Pilates Nikki					
7.00pm	Ante & Post Natal Megan	Cardio Equipment Pilates Nikki				
8.00pm	Prepare to Ski & Cardio Emma			Beginners & Inters Mat Tim		
	Beginners & Inters Mat Lynn					

Ski & Cardio Equipment: NEW A highly specific class designed especially for those preparing to ski and those who are looking to target their cardio fitness. Get ready to challenge your core, balance, leg strength and control and heart rate

Beginner mat: A great way to introduce your body to the benefits of Pilates and an ideal class for those who are injured. Learn to use your core abdominal and stabilising muscles to improve your posture and movement.

Inter mat: A higher level mat class for those without current injuries and requires a good level of experience and fitness.

Cardio Reformer: Performed on and around the Pilates reformer, with a large focus on dynamic and aerobic movements. Ideal for injury free people who want to increase fitness and challenge your body!

Cardio mat: Ideal for those who have Pilates experience and are injury free who would like to get their heart rate racing without having to hit the treadmill. A fast paced class combining key Pilates mat exercises with core cardio work-outs.

Circuit Equipment: Ultimate way to get toned and fit! Challenge your way through this dynamic and highly charged class. You will work out using the classical Pilates machines to create a slimmer and more toned figure. Ideal for those wanting to see and feel the difference every class.

Ante & Post natal mat: Specifically for pregnant and post natal mums to target the pelvic and abdominal muscles. This class aims to establish good posture and endurance of the body before and after birth. You are welcome to bring baby along.

Address: Pilates Art Wimbledon, 1 Thornton Road, Wimbledon Village, SW19 4NB

Email: wimbledon@pilatesart.com

Telephone: 0208 879 7711