

Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM	Inter reformer Cara				Power pilates Daniel	
9AM	Cardio reformer Dot	Inter reformer Sarah	Inter reformer Elisa		Inter reformer Daniel	
10AM	Beginner reformer Dot	Inter reformer Sarah	Beginner reformer Elisa			Cardio reformer Tegan
11AM	Ante & post natal Laura					Cardio reformer Tegan
12PM	Beginner mat Laura				Sensational 60s mat Cara	
2PM	Pilates gym Sarah coming soon	Pilates gym Sarah coming soon	Advanced reformer Sarah	Ante & post natal mat Laura		
6PM		Ante & post natal reformer Laura		Beginner mat Laura		
7PM	Inter reformer Daniel	Beginner reformer Jon		Beginner reformer Jo		
8PM		Superman reformer Jon		Inter reformer Jo		

Our Pilates classes are sold in blocks of ten or twenty. [Enjoy your first Pilates 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.

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