

Class Timetable

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
8AM	Beginner Mat Tegan	Power Pilates Trevor			Improvers Reformer Trevor
9AM	Intermediate reformer Katie	Intermediate reformer Trevor	Intermediate reformer Maria	Intermediate reformer Katie	Intermediate reformer Katie
10AM	Improvers reformer Katie	Cardio reformer Trevor		Improvers Reformer Katie	Power Pilates Trevor
11AM		Ante natal mat Maria			Cardio reformer Trevor
12PM	Intermediate mat Katie		Intermediate reformer Maria		Improvers mat Trevor Beg/Improvers reformer Katie
1PM		Improvers mat Maria		Improvers mat Maria	
2PM	Post natal mat Maria	Post natal reformer Maria			
4PM		Tiny Feet Yoga (2 - 7 years) Nicola			
5PM	Beginner Mat Tim	Kids yoga (8+) Nicola			
6PM		Improvers Mat Nicola Beginner reformer Katie		Inter/advanced reformer Sarah	
7PM	Intermediate reformer Maria	Superman Pilates David Ante natal mat Nicola	Improver/Inter Mat Tegan	Improvers Reformer Sarah	
8PM		Beginner Mat Nicola		Intermediate Mat Sarah Cardio reformer Maria	

Beginners & Improvers reformer: Recommended as the place to start your Pilates or for those who would like to master the more basic principles and movements on the Pilates reformer.

Beginners & Improvers mat: A great way to introduce your body to the benefits of Pilates. Learn to use your core abdominal and stabilising muscles to improve your posture and movement.

Inter reformer: A higher level reformer class which 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. Challenge your body!

Power Pilates: Performed on and around the Pilates reformer, with the focus on strength, power and precision. Demanding, dynamic and fun.

Post natal mat or reformer: Specifically for post natal mums to target the pelvic and abdominal muscles, and to rebuild posture and endurance of the body after birth. You are welcome to bring babies.

Man Pilates: A NEW class to the schedule specifically for the Pilates Art Physiotherapy men who want to work hard, achieve strength, co-ordination and flexibility in a challenging class.



*Pilates Art Physiotherapy are the centres for
the Australian Physiotherapy and Pilates Institute®.*

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