

Class Timetable

Monday

7.15am Intermediate Reformer (Amy)

9am Mixed Ability Reformer (Louise)

12pm Intermediate Reformer (Louise)

5.45pm Intermediate Reformer (Louise)

6.30pm Mixed Ability Reformer (Louise)

7.30pm Intermediate Reformer (Claire)

8.15pm Beginner Reformer (Claire)

Tuesday

7.15am Intermediate Reformer (Lucy)

10am Mixed Ability Mat (Louise)

11am Older Adult Mat (Louise)

5.15pm Beginner Reformer (Louise)

6pm Mixed Ability Mat (Louise)

7pm Intermediate Mat (Louise)

8pm Advanced Mat (Louise)

Wednesday

8am Duo Fusion Mat& Reformer (Lucy)

9.45am Beginner Mat (Emma)

11am Older Adult Mat (Bex)

12.15pm Beginner Reformer (Bex)

5.30pm Beginner Mat (Rachel)

6.30pm Mixed Ability Mat (Rachel)

7.30pm Pregnancy Mat (Rachel)

Thursday

9am Mixed Ability Mat (Louise)

10am Post Natal Mat (Louise)

5.15pm Beginner Mat (Emma)

6.15pm Intermediate Mat (Emma)

7.30pm Beginner Reformer (Louise)

8.15pm Intermediate Reformer (Louise)

Friday

7.15am Mixed Ability Reformer (Amy)

9am Beginner Reformer (Louise)

11am Intermediate Reformer (Kate)

12pm Mixed Ability Reformer (Kate)

Saturday

9am Intermediate Reformer (Bex)

9.45am Mixed Ability Reformer (Bex)

10.30am Beginner Reformer (Bex)

Sunday

9.30am Beginner Mat (Rachel)

duo pilates