

## Pilates schedule from 1<sup>st</sup> November 2021

Monday	Tuesday	Wednesday	Thursday
09.30-10.20 Pelvic Floor Pilates  with Natalie	09.30-10.20 Healthy Back Pilates  with Claire	09.30-10.20 Intermediate Pilates  with Natalie	
10.30-11.20 Mixed Ability Pilates  with Natalie	10.30-11.20 Mixed Ability Pilates  with Claire	10.30-11.20 Beginner Pilates  with Natalie	
12.00-13.00 Senior Circuits  with Andy	11.30-12.20 Balance & Mobility Pilates  with Claire		13.00-14.00 Senior Circuits  with Andy
17.00-17.50 Mat Pilates  with Elizabeth	13.45-14.30 Private 1:1 Pilates  with Claire		