

Pilates schedule from 1st 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 Mixed Ability 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 Mixed Ability 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
16.00-16.50 Mixed Ability Pilates with Elizabeth	13.45-14.30 Private 1:1 Pilates with Claire		
17.00-17.50 Mixed Ability Pilates with Elizabeth			