

## PLATINUM WELLNESS

PILATES | PERSONAL TRAINING | MASSAGE

### MONDAY

- 9.15-10.00am FITNESS YOGA - Child Friendly
- 10.00-10.45am AEROBICS & TONE
- 10.50-11.45am PILATES - Over 60's
- 2.00-2.55pm MAMAFIT FITNESS Mum & Baby
- 5.45-6.40pm PILATES – Women Only Int/Mixed
- 6.50-7.45pm PILATES – Mixed Level
- 7.50-8.50pm GPT – BODY CONDITIONING

### TUESDAY

- 10.15-11.00am PILATES - Over 50's\*
- 11.05-11.45pm AQUA\*
- 6.00-6.55pm YOGA Vinyasa Flow

### WEDNESDAY

- 9.15-10.00am FITNESS PILATES - Child Friendly
- 10.00-10.45am RETRO AEROBICS & TONE
- 10.45-11.30am PILATES & STRETCH
- 12.00-12.45pm OVER 60'S YOGA - Private Hire
- 2.00-3.00pm TAI CHI - Private Hire
- 6.00-6.55pm MAMAFIT PREGNANCY PILATES
- 7.00-8.00pm PILATES – Women Only Mixed Level
- 8.00-9.00pm PILATES - Beginners / back / injuries

### THURSDAY

- 10.00-10.55am PILATES - Mixed / Intermediate Level
- 11.00-11.45pm OVER 60'S AEROBICS - CHAIRFIT
- 6.00-7.00pm PILATES For Beginners & Back pain
- 7.00-7.55pm GPT - BODY CONDITIONING
- 8.00-8.55pm PILATES – Mixed Level

### FRIDAY

- 9.15 - 10.00am WOMENS BOOTCAMP - Child Friendly
- 10.00-10.45am DANCEFIT
- 11.15-12.00pm AQUA\*

#### MONTHLY CLASSES

- 7.30-8.30pm GONG SOUND BATH

### WORKSHOPS

#### WEIGHT LOSS WORKSHOPS

#### PREGNANCY & LABOUR MASSAGE WORKSHOPS

#### ANTENATAL COURSES

#### YOGA WORKSHOPS

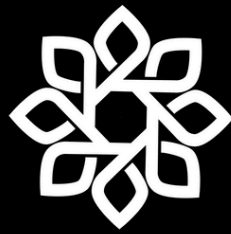


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UKPLATINUMWELLNESS

\*Class at Millfield Green



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## MONDAY

12.00-12.40pm REFORMER

6.55-7.50pm REFORMER

7.55-8.50pm REFORMER

## THURSDAY

9.15-9.40am REFORMER

12.00-12.45pm REFORMER - Over 50's

1.00-1.55pm REFORMER

## TUESDAY

9.15-10.00am REFORMER

1.00-1.40pm REFORMER

2.00-2.55pm REFORMER

## SATURDAY

9.00 - 9.55am REFORMER

## WEDNESDAY

6.00-6.55pm REFORMER

8.00-8.55pm REFORMER

## 1:1 AND 2:1 SESSIONS

AVAILABLE TO BOOK AT

[PLATINUMWELLNESS.CO.UK](https://platinumwellness.co.uk)



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