



TASTERS & NEW CLASSES

TUESDAY 8TH SEPTEMBER

6:00pm STRENGTH TRAINING For Beginners LISA/KAELAN

WEDNESDAY 9TH SEPTEMBER

11:00am STRENGTH & STRETCH for Seniors LISA

7:45pm PREGNANCY PILATES & REFORMER LISA

SATURDAY 12TH SEPTEMBER

10:45am TASTER REFORMER ANITA

MONDAY 14TH SEPTEMBER

1:15pm FREE TASTER MUM & BABY MAT PILATES LISA/ELLIE

TUESDAY 15TH SEPTEMBER

5:55pm TASTER REFORMER SOPHIE

7:00pm BEGINNERS MAT PILATES LISA

7:45pm TASTER REFORMER SOPHIE

8:00pm TASTER BARRE BETH

WEDNESDAY 16TH SEPTEMBER

6:00pm TASTER REFORMER SOPHIE

THURSDAY 17TH SEPTEMBER

9:15am TASTER REFORMER SUSAN

6:00pm TASTER REFORMER EVIE

FRIDAY 18TH SEPTEMBER

10:15am TASTER MAT PILATES LISA

11:15am MUM & BABY REFORMER LISA

BOOK NOW AT: [PLATINUMWELLNESS.CO.UK](https://www.platinumwellness.co.uk)



MAIN STUDIO CLASSES

SEPTEMBER 2026

MONDAY

9.15am	STRENGTH TRAINING for Women
10.15am	KEEPFIT - Over 50's
11.00am	PILATES - Over 60's Mixed level
12.00pm	PILATES - Over 60's REMEDIAL
1:15am	MUM & BABY PILATES
5.45pm	MAT PILATES - Intermediate*
6.45pm	MAT PILATES – Mixed Level

TUESDAY

11.15am	MAT PILATES - Over 50's Mixed
6:00pm	STRENGTH TRAINING for Beginners
7.00pm	MAT PILATES - BEGINNERS
8.00pm	BARRE

WEDNESDAY

9.10am	PILATES SCULPT*
10.10am	DANCEFIT- Low Impact
11.00am	STRENGTH & STRETCH for Seniors
12.00pm	OVER 60'S CHAIR YOGA#
2.00pm	TAI CHI#
6.00pm	PILATES - Mixed Level

THURSDAY

10.15am	PILATES - All Levels
8.00pm	DYNAMIC MAT PILATES– Int

FRIDAY

10.15am	MAT PILATES
7.00pm	GONG SOUND BATH - monthly class#

SUNDAY

9.00am	HATHA YOGA
7.00pm	GONG SOUND BATH - monthly class#

#Private class - book direct with Instructor

****Women Only Classes***

BOOK NOW

PLATINUMWELLNESS.CO.UK

REFORMER CLASSES

SEPT 2026

MONDAY

11:00pm	FLOW - Mixed Level	LISA
6.00pm	DYNAMIC - Mixed Level*	EVIE
6.50pm	DYNAMIC - Mixed Level*	EVIE
7.50pm	FUSION - Intermediate*	LISA
7.50pm	DYNAMIC - Mixed Level*	EVIE

THURSDAY

9.15am	FOUNDATION	SUSAN
11.15am	FLOW - Mixed Level*	SUSAN
6.00pm	DYNAMIC - All Levels*	EVIE
7.00pm	DYNAMIC - Intermediate	EVIE

TUESDAY

9.15am	FLOW - Mixed Level*	SOPHIE
10.15am	FLOW - Intermediate*	SOPHIE
5:55pm	FOUNDATION	LISA
6.50pm	FLOW- Mixed Level*	SOPHIE
7.45pm	FOUNDATION*	SOPHIE

FRIDAY

9.15am	FLOW - Mixed Level*	SUSAN
9:15am	STRONG - Intermediate	LISA
10.10am	FLOW - Mixed Level	SUSAN
11.00am	OVER 60'S Reformer	SUSAN
11:15am	MUM & BABY REFORMER	LISA

WEDNESDAY

12.00pm	OVER 60'S REFORMER	LISA
6:00pm	FOUNDATION	SOPHIE
7:00pm	FLOW - Int / Adv	SOPHIE
7.55pm	PREGNANCY REFORMER	LISA
8.00pm	FLOW - Mixed*	SOPHIE

SATURDAY

9.00am	DYNAMIC - Intermediate	LISA
9.55am	FLOW - Mixed Level*	LISA
10.50am	FOUNDATION	LISA

*Exclusively Women's Only

Most of our classes are predominantly attended by women. If you're unable to attend a designated women's-only class, one of our general classes may still be a suitable—feel free to contact us for guidance.