



PLATINUM WELLNESS

PILATES | PERSONAL TRAINING | MASSAGE

REFORMER CLASS SCHEDULE

MONDAY

2.00-2.45pm LEVEL 1 - Beg/Improver 45
6.45-7.45pm LEVEL 1 - Beg/Improver 60
7.45-8.45pm LEVEL 1 - Beg/Improver 45

TUESDAY

9.15-10.15am BEGINNERS 45
6.00-6.45pm BEGINNERS 45
6.45-7.45pm LEVEL 1 - Beg/Improver 60
7.45-8.45pm LEVEL 1 - Beg/Improver 60

WEDNESDAY

8.00-9.00pm LEVEL 1 - Beg/Improver 45

THURSDAY

9.15-9.45am LEVEL 1 - Beg/Improver 45
12.00-1.00pm LEVEL 1 - Beg/Improver 60
6.00-7.00pm LEVEL 1 - Beg/Improver 60
7.00-8.00pm LEVEL 1 - Beg/Improver 60
8.00-9.00pm BEGINNERS 60

FRIDAY

9.15-10.15am LEVEL 1 - Beg/Improver 60

SATURDAY

9.00 -10.00am LEVEL 1 - Beg/Improver 60
10.00-11.00am BEGINNERS 60

**1:1 AND 2:1 SESSIONS AVAILABLE TO BOOK AT
PLATINUMWELLNESS.CO.UK**



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