

THE
pilates
COMPANY

**Weekly Private 1:1
Mat Sessions**

TUE

9.25am
10.30am
1.00pm

Caroline
Caroline
Beth

WED

4.15pm
6.35pm

Caroline
Caroline

THU

10.30am
11.30am

Caroline
Caroline

FRI

SAT

9.00am
fortnightly

Beth

£60 single session | £270 five sessions

BOOK VIA TEAM UP OR EMAIL
HELLO@THEPILATESCOMPANY.CO.UK