

# ZEST TIMETABLE SUMMER 2022

## The Studio

### Monday

TIME	CLASS	DURATION
17:30	Beginners Pilates	60 mins
19:00	Intermediate Pilates	60 mins

### Tuesday

TIME	CLASS	DURATION
12:30	Intermediate Pilates	60 mins

### Wednesday

TIME	CLASS	DURATION
12:30	Improver's Pilates	60 mins
19:00	Intermediate PLUS Pilates	60 mins

### Friday

TIME	CLASS	DURATION
10:00	Stretch & Balance	60 mins

## Pilates

We offer a range of Pilates classes for every level of ability. Get in touch to find out more and what level you should be starting out at!



To book a class please call **01691 671 471**

Or email [zestladies@gmail.com](mailto:zestladies@gmail.com)

Visit [zestladieshealth.com](http://zestladieshealth.com) for more information