



# January 2026 Pilates Class Schedule

Monday	11.00am – 12.00pm <b>Fundamentals Pilates 3 Week Programme</b> 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup> January
Wednesday	9.45am – 10.45am <b>Improver Pilates</b>  6.20pm – 7.20pm <b>Mixed Ability Pilates</b>
Saturday	10.30am – 1.00pm <b>Fundamentals Pilates Workshop</b> 24 <sup>th</sup> January