



2022 PILATES TIMETABLE

MONDAYS

Beginners Pilates *

5.45pm - 6.45pm

TUESDAYS

Beginners Pilates *

11.15am - 12.15pm

Improver Pilates

7.00pm - 8.00pm

WEDNESDAYS

Improver Pilates

9.45am - 10.45am

SUNDAY

"Introduction to Pilates" Workshop

Autumn 2022 date tbc

**If you are new to my classes it is a pre-requisite to attend an "Introduction to Pilates" workshop first, to equip you with the right tools and understanding to progress safely in my classes*