

# Pilates and Men's Stretch Class Timetables



Day	Time	Class	Instructor
<b>Monday</b>	9.00am – 10.00am	Pilates	Sam
	10.00am -11.00am	Pilates	Sam
	11.00am-12.00pm	Pilates for Menopause	Sam
<b>Tuesday</b>	9am – 10am	Men's Stretch	Sam
	10am-11am	Pilates	Sam
	11am – 12pm	Pilates	Sam
	1pm-2pm	Pilates	Sally
	6pm – 7pm	Pilates	Sally
<b>Wednesday</b>	9:00am-10.00am	Pilates	Sam
	10.00am-11.00am	Pilates	Sam
	11.00am – 12.00pm	Men's Stretch	Sam
	6pm- 7pm	Pilates	Sally
<b>Thursday</b>	8am-9am	Pilates	Sally
	9am-10am	Pilates	Sam
	10am-11am	Pilates	Sam
<b>Friday</b>	9.00am-10am	Pilates	Sam
	10.00am-11.00am	Pilates	Sam
<b>Saturday</b>	9am-10am	Pilates	Elen
	10am-11am	Pilates	Elen

**Spaces are limited, please call 01492 338262 to see if there is availability in the class you wish to join.**

**Class payment is per course, not per class.**

There are no refunds for missed classes, but it maybe possible to fit you into another class, within the same week, if space is available.

Private tuition for small groups or individuals is also available by appointment. Please ask at Reception for details.