

MONDAY

- 09.30 studio PILATES intermediate - Charlotte
- 10.45 studio PILATES chair - Charlotte
- 12.00 studio BREATH - Charlotte
- 18.40 studio PILATES mixed ability– Seth
- 18.50 studio PILATES mixed ability– Seth. + ZOOM

TUESDAY

- 0915 studio PILATES gentle– Seth + ZOOM
- 1830 studio PILATES mixed ability - Lisa + ZOOM
- 1940 studio PILATES mixed ability - Lisa

WEDNESDAY

- 0915 studio PILATES mixed ability - Seth + ZOOM
- 1030 studio STRETCH THERAPY - Seth
- 1845 studio PILATES mixed ability– Lisa
- 2000 studio PILATES mixed ability– Lisa + ZOOM

THURSDAY

- 0930 studio PILATES mixed ability– Charlotte
- 1100 studio Postnatal Recovery Stage 1 (*see courses*)
- 1230 studio Postnatal Recovery Stage 2 (*see courses*)
- 18.45 studio PILATES mixed ability– Seth
- 20.00 studio PILATES mixed ability– Seth

FRIDAY

- 0915 studio PILATES mixed ability – Lisa
- 1030 studio STRETCH THERAPY– Lisa

SATURDAY

- 0900 BOOTCAMP – Seth.
- 10.15 TRX - Seth
- 11.15 PILATES. Mixed ability - Seth