



Timetable

MONDAY	SESSION	COMMENTS
08.15 to 09.15	1:1 Private Session	
09.30 to 10.30	1:1 Private Session	
10.45 to 11.45	1:1 Private Session	
15.45 to 16.45	Taster Equipment Session	1st Monday of each month – max 3
17.00 to 18.00	1:1 Private Session	
19.00 to 20.00	Intermediate Mat Class	max 4
20.15 to 21.15	Advanced Mat Class	not for the faint hearted – max 4

TUESDAY	SESSION	COMMENTS
08.15 to 09.15	1:1 Private Session	
09.30 to 10.30	1:1 Private Session	
10.45 to 11.45	Introduction to Pilates	1 st Tuesday of each month – max 3
15.45 to 16.45	1:1 Private Session	
17.00 to 18.00	1:1 Private Session	

WEDNESDAY	SESSION	COMMENTS
08.30 to 09.30	1:1 Private Session	
09.45 to 10.45	1:1 Private Session	
11.00 to 12.00	1:1 Private Session	
12.15 to 13.15	1:1 Private Session	
15.45 to 16.45	1:1 Private Session	
17.00 to 18.00	1:1 Private Session	
18.15 to 19.15	1:1 Private Session	
19.30 to 20.30	1:1 Private Session	
20.45 to 21.45	1:1 Private Session	by request only

SATURDAY	SESSION	COMMENTS
09.00 to 10.00	1:1 Private Session	
10.15 to 11.15	1:1 Private Session	
11.30 to 12.30	1:1 Private Session	
12.45 to 13.45	1:1 Private Session	