

Monday

Time	Class	Studio	Teacher
8.00am – 9.00am	Semi Private Equipment Session 2:1	1	Genine
9.00am – 10.00am	Semi Private Equipment Session 3:1	1	Genine
9.45am – 10.45am	Mixed Ability – Suitable for Beginners	3	Miranda
10.00am – 11.00am	Semi Private Equipment Session 3:1	1	Genine
11.00am – 12.00pm	Stretch and Tone Pilates Class	3	Miranda
11.00am – 12.00pm	Semi Private Equipment Session 2:1	1	Genine
12.00pm – 1.00pm	Reformer Class 3:1	1	Miranda
1.30pm – 2.30pm	Mixed Ability Mat Work Class (Off Peak)	3	Anneke
6.00pm – 7.00pm	Semi Private Equipment Session 3:1	1	Liz
6.10pm – 7.10pm	Mixed Ability – Suitable for Beginners	2	Lottie
6.20pm – 7.20pm	Dynamic Pilates	3	Anneke
7.15pm – 8.15pm	Semi Private Equipment Session 3:1	2	Liz
7.15pm – 8.15pm	PULSE Mat Work Class	2	Lottie
7.25pm – 8.25pm	Pregnancy Pilates Mat Work Class	3	Anneke
8.30pm – 9.30pm	Advanced Mat Work Class	3	Anneke

Thursday

Time	Class	Studio	Teacher
9.30am – 10.30am	Pilates Legs Bums & Tums Class	2	Miranda
9.30am – 10.30am	Mixed Ability Mat Work Class	3	Liz R
10.45am – 11.45am	Mixed Ability – Suitable for Beginners	3	Liz R
10.45am – 11.45am	Reformer Class 3:1	1	Miranda
1.15pm – 2.15pm	Mixed Ability Mat Work Class (Off Peak)	3	Miranda
6.00pm – 7.00pm	Semi Private Equipment Session 2:1	1	Miranda
6.10pm – 7.10pm	Mixed Ability Mat Work Class	3	Genine
7.15pm – 8.15pm	Intermediate/Advanced Mat Work	3	Genine
8.20pm – 9.20pm	Mixed Ability Mat Work Class	3	Genine
7.00pm – 8.00pm	Semi Private Equipment Session 2:1	1	Miranda
8.00pm – 9.00pm	Reformer Class 3:1	1	Miranda

Tuesday

Time	Class	Studio	Teacher
9.15am – 10.15am	Mixed Ability – Beginner/Intermediate	3	Genine
10.30am – 11.30am	Mixed Ability – Beginner/Intermediate	3	Miranda
11.45pm – 12.45pm	Reformer Class 3:1	1	Miranda
11.45pm – 12.30pm	TEDDYLATES Mum & Baby Class	3	Genine
1.30pm – 2.30pm	Mixed Ability Mat Work Class (Off Peak)	3	Miranda
6.10pm – 7.10pm	Mixed Ability – Suitable for Beginners	3	Liz S
7.15pm – 8.15pm	Intermediate/Advanced Mat Work Class	3	Genine
7.15pm – 8.15pm	Mixed Ability Mat Work Class	2	Liz S
8.20pm – 9.20pm	Mixed Ability Mat Work Class	3	Genine

Friday

Time	Class	Studio	Teacher
9.00am – 10.00am	Semi Private Equipment Session 2:1	1	Linda
9.30am – 10.30am	Healthy Backs Mat Work Class	3	Liz
10.00am – 11.00am	Semi Private Equipment Session 2:1	1	Linda
10.45am – 11.45am	Mixed Ability – Suitable for Beginners	3	Liz
11.00am – 12.00pm	Semi Private Equipment Session 3:1	1	Linda
12.00pm – 1.00pm	Semi Private Equipment Session 3:1	1	Linda
1.15pm – 2.30pm	Teacher Only Mat Work Class	3	Linda

Wednesday

Time	Class	Studio	Teacher
9.30am – 10.30am	Mixed Ability – Suitable for Beginners	3	Susan
9.30am – 10.30am	Semi Private Equipment Session 2:1	1	Miranda
10.45am – 11.45am	Semi Private Equipment Session 2:1	1	Miranda
10.45am – 11.45am	Mixed Ability Mat Work Class	3	Susan
12.00pm – 1.00pm	Mixed Ability Mat Work Class (Off Peak)	3	Miranda
7.00pm – 8.00pm	Mixed Ability YOGA	2	Ali
7.00pm – 8.00pm	Mixed Ability Mat Work Class	3	Miranda
8.10pm – 9.10pm	Pilates Legs Bums & Tums Class	3	Miranda
8.30pm – 9.30pm	Mixed Ability Mat Work Class	2	Sara

Saturday

Time	Class	Studio	Teacher
8.15am – 9.00am	High Intensity Pilates Class (HIP™)	2	Anneke
9.00am – 10.00am	Semi Private Equipment Session 3:1	1	Anneke
9.00am – 10.00am	Arc Barrel Class	3	Natalie
10.15am – 11.15am	FUSION Mat Work Class	2	Anneke
10.15am – 11.15am	Mixed Ability Mat Work Class	3	Natalie
11.30pm – 12.30pm	Pregnancy Pilates Mat Work Class	2	Anneke
11.30pm – 12.30pm	Reformer Class 3:1	1	Natalie

Sunday

Time	Class	Studio	Teacher
9.25am – 10.25am	Dynamic Yoga	3	Emma
10.30am – 11.30am	Mixed Ability Mat Work Class	3	Emma