

**Royal Parade, Eastbourne BN22 7AQ**

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 **TIMETABLE**

**MONDAY**

08.30 - 09.25 PILATES MIXED ABILTY TRACY F

09.45 – 10.40 PILATES LEVEL 1 TRACY F

11.15 – 12.10 PILATES MIXED ABILTY ZOOM ONLY DOROTA

18.00 - 19.55 PILATES LEVEL 2 DOROTA

**TUESDAY**

08.30 - 09.25 PILATES LEVEL 1 WENDY

09.40 – 10.35 PILATES LEVEL 2 WENDY

12.15 – 1.10 YOGA FOR ALL WENDY

18.00 – 18.55 YOGA FOR ALL WENDY

**WEDNESDAY**

08.30 – 09.25 PILATES LEVEL 2 MAUREEN

09.40 – 10.35 PILATES LEVEL 1 MAUREEN

11.45 – 12.40 DRU YOGA FOR ALL JAN

18.30 – 19.25 PILATES MIXED ABILITY TRACY M

19.40 – 20.40 PRE AND POST NATAL PILATES TRACY M\*

**THURSDAY**

08.30 – 09.25 PILATES MIXED ABILITY TRACY F

09.35 – 10.30 PILATES LEVEL 1 TRACY F

10.40 – 11.35 PILATES MIXED ABILITY DOROTA

11.45 – 12.40 PILATES LEVEL 2 DOROTA

19.10 – 20.10 YOGA FOR ALL DIANA

**FRIDAY**

18.00 – 18.55 STRETCH, MEDITATE & RELAX WENDY

**SATURDAY**

10.30 – 11.25 PILATES MIXED ABILITY EMMA

**CLASS INFORMATION**

**PILATES LEVEL 1**

For those new to Pilates who want to gain an understanding of the principals and build core strength and flexibility

**PILATES LEVEL 2**

When you have learnt and understood the Pilates principles you may want to expand your knowledge and challenge your body to perform more demanding exercises. Increases core stability, promotes functional strength and stamina for the whole body.

**PILATES LEVEL 3**

For those who wish to build their Pilates practice to a higher level with more challenging movements. Building on your knowledge and understanding of Pilates it helps to promote overall body fitness and strength.

**CLASSICAL FLOW & ADVANCED PILATES**

This class aims to take your Pilates training to the next level. For those who have been practicing Pilates for at least a year and are injury free.

**PREGNANCY PILATES**

All the benefits of Pilates specifically designed to be safe during and after pregnancy.

**Classes with \* - please note are private classes bookable directly with the teacher**

Tracy M 07912654171

**Check website for further information classes and workshops on offer**