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**CONTACT US FOR A FREE PILATES ASSESSMENT**

 **TIMETABLE**

**MONDAY**

09.15 – 10.10 PILATES MIXED TRACY

11.15 – 12.10 PILATES MIXED ABILTY DOROTA

18.00 - 18.55 PILATES LEVEL 2 TRACY F

19.10 – 20.05 PILATES MIXED TRACY F

**TUESDAY**

08.30 - 09.25 PILATES LEVEL 1 WENDY H

09.40 – 10.35 PILATES LEVEL 2 WENDY H

16:45 – 17.40 YOGA FOR ALL WENDY P

18.00 – 18.55 YOGA FOR ALL WENDY P

19.10 – 20:05 YOGA FOR ALL WENDY P

**WEDNESDAY**

09.15 – 10.10 PILATES LEVEL 2 TRACY F

11.45 – 12.40 YOGA FOR ALL JAN

13.15 – 14.10 DRU YOGA JAN

18.00 – 18.55 PILATES MIXED PILATES TRACY M

19.10 – 20.05 LADIES PILATES MIXED ABILITY TRACY M (Also suitable for pre/post natal)

**THURSDAY**

08.30 – 09.25 PILATES MIXED ABILITY TRACY F

09.45 – 10.40 PILATES LEVEL 1 TRACY F

18.00 – 18.55 Qi-GONG AND MEDITATION NICK NETER

19.10 – 20.05 YOGA FOR ALL DIANA

**SATURDAY**

1030 – 1125 PILATES MIXED ABILITY EMMA P

Most classes are run either on monthly or 6 weekly block bookings.

We do not offer pay as you go classes.

If you have never done Pilates before we do not recommend you go straight into a class, instead have one to one sessions or join a 4 week induction course. This enables you to learn Pilates in the correct way right from the start, enabling you to get much better results.

**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.