

Current Pilates Courses

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Main Studio					
■ Small groups maximum 6 people. ■ Large groups maximum 12 people.					
				Pilates for Sport 07.30 - 45 mins - Emma	
Intermediate 2 09.30 - Julie M	Small Group Intermediate 1 09.30 - Julie M	Small Group Intermediate 2 09.30 - Sandra	Intermediate 1 09.30 - Susie P	Small Group Intermediate 1 09.00 - Julie M	Intermediate 1 09.00 - Jenny
Small Group Older Adult 10.30 - Julie M	Intermediate 1 10.30 - Julie M		Intermediate. 1 10.30 - Susie P	Large Group Intermediate 1 10.00 - Janet	Beginners 10.00 - Caitlin
Small Group Beginners 11.45 - Stella	Small Group Older Adult 11.45 - Stella	Small Group Intermediate 2 10.45 - Julie M	Small Group Older Adult 11.30 - Janet	Small Group Intermediate 1 11.00 - Sue C	Intermediate 1/2 11.15 - Caitlin
Small Group Intermediate 1 12.45 - Stella		Small Group Intermediate 2 11.45 - Julie M	Small Group Int 2/Advanced 12.30 - Janet		
Small Group Post Natal 13.45 - Jenny			Small Group Rehab 1.45 - Emma S		
Small Group Older Adult 15.30 - Sue C	Intermediate 1/2 15.30 - Julie M				
Intermediate 1 17.00 - Jess		Intermediate 1 17.00 - Sandra			
Intermediate 2 18.00 - Jess	Intermediate 1/2 17.30 - Julie	Beginners 18.00 - Sandra	Intermediate 1 18.00 - Stella		
Intermediate 1 19.00 - Susie P	Intermediate 1 18.30 - Julie M	Advanced 19.00 - Jenny	Intermediate 2 19.00 - Stella		
Intermediate 2/Advanced 20.00 - Susie P	Intermediate 1 19.30 - Emma	Intermediate 2 20.00 - Jenny	Intermediate 1 20.00 - Janet		
	Intermediate 2 20.30 - Emma				
Oak Room Studio					
■ Small groups maximum 5 people.					
Neuro Pilates 10.00 - Jess	Small Group Int. 1 (Rehab) 9.30 - Sandra	Small Group Intermediate 1 09.30 - Janet		Small Group Beginners 09.30 - Sue C	Small Group Ante/Post Natal 09.00 - Becky
Neuro Pilates 11.00 - Jess	Neuro Pilates 11.00 - Jess	Small Group Beginners 10.30 - Susie P			Small Group Ante/Post Natal 10.00 - Becky
		Small Group Rehab 11.30 - Susie P			
		Small Group Ante/Post Natal 17.30 - Jacqui			
Small Group Beginner 18.30—Yulia	Small Group Intermediate 1 18.30 - Sue C	Small Group Ante/Post Natal 18.30 - Jacqui	Small Group Ante/Post Natal 18.30 - Janet		
Small Group Intermediate 1 19.30 - Su L	Small Group Ante/Post Natal 19.30 - Emily	Small Group Intermediate 2 19.30 - Sam	Small Group Intermediate 1 19.30 - Sarah		
Small Group Intermediate 2 20.30 - Su L	Small Group Beginners 20.30 - Paul	Small Group Beginners 20.30 - Sam	Small Group Ante/Post Natal 20.30 - Sarah		