



Studio Timetable 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00 Clinical Pilates		09:00 Antenatal Clinical Pilates
			11:00 Clinical Pilates		10:00 Clinical Pilates
	12:00 Cry Baby Pilates				11:00 Antenatal Clinical Pilates
		13:30 Cry Baby Pilates		13:30 Clinical Yoga	
	17:00 Clinical Pilates	17:00 Clinical Pilates			
	18:00 Clinical Pilates				
	19:00 Clinical Pilates				

New class times will open as demand increases. If none of the class times suit, please [contact us](#) to see if there is anything we can do to assist.

We are planning new Clinical Yoga and Clinical Pilates classes - [please get in touch](#) to enquire.

Pre-booking is highly recommended

1:1 Private Pilates sessions available throughout the week