

feel different, be different

PILATES REFORMER TIMETABLE SEPT 2010

Monday

Time	Level	Instructor
09.00-10.00	General	Lucy
10.00-11.00	General	Lucy
11.00-12.00	General	Lucy

Tuesday

Time	Level	Instructor
09.00-10.00	Flow	Daniel
10.00-11.00	Dynamic	Daniel
18.00-19.00	Flow	Daniel
19.00-20.00	Dynamic	Daniel
20.00-21.00	Dynamic	Daniel

Wednesday

Time	Level	Instructor
09.00-10.00	General	Lucy
10.00-11.00	General	Anne Marie
11.00-12.00	General	Anne Marie
18.30-19.30	General	Anne Marie

Thursday

Time	Level	Instructor
08.00-09.00	Dynamic	Daniel
10.00-11.00	Dynamic	Daniel
11.00-12.00	Dynamic	Daniel
17.00-18.00	Flow	Daniel
19.00-20.00	Dynamic	Daniel

Friday

Time	Level	Instructor
09.30-10.30	General	Michelle
10.30-11.30	General	Michelle

Saturday

Time	Level	Instructor
09.00-10.00	Dynamic	Daniel
10.00-11.00	Dynamic	Daniel
12.00-13.00	Dynamic	Daniel
16.00-17.00	Flow	Daniel

Sunday

Time	Level	Instructor
10.00-11.00	General	Michelle
11.00-12.00	General	Michelle

Bookings can be made at reception.
Each class has a maximum of 3 members.

PILATES REFORMER CLASSES FEE

Fee £20/hr or £180/10 sessions

Please note that we require 24 hours prior to the appointment to reschedule or cancel, otherwise a full charge will be incurred.

Please also try out our Pilates mat classes in our main studio.