

MON	TUE	WED	THU	FRI	SAT	SUN
	07:30 - 08:30 Barre Class			07:30 - 08:30 YOGA Maya Lay		
				08:30 - 09:30 Barre Class		
09:30 - 10:30 Intermediate Pilates	09:30 - 10:30 Beginner/Intermediate Pilates	09:30 - 10:30 Beginner/Intermediate Pilates	09:30 - 10:30 Beginner/Intermediate Pilates	09:30 - 10:30 Intermediate/Advanced Pilates	09:00 - 10:00 Beginner/Intermediate Pilates	
		10:30 - 11:30 Beginner/Intermediate Pilates		10:30 - 11:30 Beginner/Intermediate Pilates	10:00 - 11:00 Beginner/Intermediate Pilates	
16:00 - 17:00 Over 60's Pilates				11:45 - 12:45 CHI KUNG Dan Brierley		
18:30 - 19:30 Antenatal Pilates	18:30 - 19:30 Intermediate Pilates	17:15 - 18:15 Kids Pilates				
19:30 - 20:30 Intermediate/Advanced Pilates	19:30 - 20:30 Intermediate Pilates	19:30 - 20:30 Beginner/Intermediate Pilates	19:30 - 20:30 Beginner/Intermediate Pilates			
20:30 - 21:30 Intermediate/Advanced Pilates	20:30 - 21:30 Beginner/Intermediate Pilates	20:30 - 21:30 Intermediate/Advanced Pilates	20:30 - 21:30 Beginner Pilates			