

AUTUMN 2021 REFORMER PILATES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM			REFORMER HIIT		
9.15AM	CONTEMPORARY 1	TRADITIONAL 1			CONTEMPORARY 1
10.30AM	CONTEMPORARY 2	TRADITIONAL 2		TRADITIONAL 1	CONTEMPORARY 2
12PM	PRINCIPLE REFORMER			TRADITIONAL 2	INTRO REFORMER
2PM		TRADITIONAL 1			
4PM		TRADITIONAL MAT			
6PM		MIXED REFORMER	REFORMER HIIT	MIXED REFORMER	

This timetable may be subject to change. For live class updates please check BookWhen or Contact Us directly.
Please note our Studio is closed on Bank Holidays.



Please wear comfortable clothing you can move and stretch in, without any zips.
Non-slip socks are required for all pilates sessions, clean trainers are required for all TRX classes.