

Monday	Tuesday	Wednesday	Thursday	Friday
9.00am Pilates (45 mins) Christine Level 2	9.00am Pilates (55 mins) Christine Level 3	9.15am Pilates (55 mins) Julie Level 2		9.00am Total Fitness (55 mins) Becky Open level
9.10am Pilates (55 mins) Jill (STUDIO 2) Level 2	10.15am Pilates (55 mins) Christine Level 2	10.30am Total Fitness (45 mins) Christine Open level	10.30am Pilates (55 mins) Angie Level 1	9.15pm Pilates (55 mins) Emma (Studio 2) Level 2
10.00am Pilates (55 mins) Christine Level 2/3	11.30am Pilates (45 mins) Christine Level 2	6.00pm Pilates (55 mins) Anne Level 2/3	11.30am Pilates (55 mins) Angie Level 1/2	10.15am Pilates (55 mins) Becky Level 1/2
11.00am Pilates (45 mins) Christine Level 1/2	6.00pm Pilates (55 mins) Julie Level 2	7.00pm Pilates (55 mins) Anne Level 1/2	1pm Pilates (55 mins) Julie Level 2	
12.00am Pilates (45 mins) Christine Level 1/2	7.00pm Pilates (55 mins) Christine Level 2	8.00pm Pilates (55 mins) Becky Level 2	6.15pm Pilates (55 mins) Jill Level 3	
Starts Jan 17th 2022 - 1.15pm Pilates (55 mins) Angie Level 1/2 + Backcare	8.00pm Pilates (55 mins) Christine Level 3		7.15pm Pilates (55 mins) Jill Level 2	
6.15pm Pilates (55 mins) Helen Level 2				
7.15pm Pilates (55 mins) Becky Level 3				
8.15pm Mummy Fit (45 mins) Pilates (pre-natal) Becky Open Level				