

Pilates Class Term Timetable 4th November - 20th December 2024

Day	Time	Class	Teacher	1	2	3	4	5	6	7	Wks this term
MON	9.15-10.10	Mixed Level	Laura	04-Nov	11-Nov	18-Nov	25-Nov	02-Dec	09-Dec	16-Dec	7
	10.20-11.15	Mixed level	Laura	04-Nov	11-Nov	18-Nov	25-Nov	02-Dec	09-Dec	16-Dec	7
	11.30-12.25	Chair class	Laura	04-Nov	11-Nov	18-Nov	25-Nov	02-Dec	09-Dec	16-Dec	7
TUE	10.00-10.55	Mixed Level	Charlotte/Laura*	05-Nov	12-Nov	19-Nov	26-Nov	03-Dec	10-Dec	17-Dec	7
	11.15-12.10	Back care / Beginners	Charlotte/Laura*	05-Nov	12-Nov	19-Nov	26-Nov	03-Dec	10-Dec	17-Dec	7
	18.15-19.10	Mixed Level	Mel	05-Nov	12-Nov	19-Nov	26-Nov	03-Dec	10-Dec	17-Dec	7
WED	09:30-10:25	Mixed Level	Charlotte/Laura*	06-Nov*	13-Nov	20-Nov	27-Nov	04-Dec	11-Dec	18-Dec	7
	17.45-18.40	Improvers/Beginners	Liz	06-Nov	13-Nov	20-Nov	27-Nov	04-Dec	11-Dec	18-Dec	7
	18.50-19.45	Mixed level	Liz	06-Nov	13-Nov	20-Nov	27-Nov	04-Dec	11-Dec	18-Dec	7
THUR	9.20-10.15	Beginners	Laura	07-Nov	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	7
	10.30-11.25	Chair Pilates	Laura	07-Nov	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	7
	11.45-12.40	Beginners- NEW	Laura	07-Nov	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	7
	19.00-19.55	Intermediate Level	Charlotte/Laura*	07-Nov*	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	7
FRI	9.00-9.55	Mixed Level	Katy	08-Nov	15-Nov	22-Nov	29-Nov	06-Dec	13-Dec	20-Dec	7

Please book online via GymCatch <https://gymcatch.com/app/provider/625/events>

Pick and Mix Bundle - 8 classes for £88 or 10 Classes for £110

(valid for 12 weeks from date of purchase and can be used across our term and holiday timetables)

Drop in Classes £13

Want the same class every week? Book it under a Course on GymCatch

Please note 24 hours notice is required to cancel and receive a credit

CREDITS CAN NOT BE CARRIED OVER TO THE NEXT TERM OR HOLIDAY CLASSES

Please cancel your class on Gymcatch so that people on the waiting list can be notified and make use of your space.