

Day	Time	Class	Teacher	June 1st - July 17th 2026								
MON	09.15-10.10	Mixed Level	Laura	01-Jun	08-Jun	15-Jun	22-Jun	29-Jun	06-Jul	13-Jul	7	£77.00
	10.20-11.15	Mixed Level	Laura	01-Jun	08-Jun	15-Jun	22-Jun	29-Jun	06-Jul	13-Jul	7	£77.00
	11.30-12.25	Chair Class	Laura	01-Jun	08-Jun	15-Jun	22-Jun	29-Jun	06-Jul	13-Jul	7	£77.00
TUE	10.00-10.55	Mixed Level	Charlotte	02-Jun	09-Jun	16-Jun	23-Jun	30-Jun	07-Jul	14-Jul	7	£77.00
	11.10-12.05	Back care	Charlotte	02-Jun	09-Jun	16-Jun	23-Jun	30-Jun	07-Jul	14-Jul	7	£77.00
	12.30-13.15	Fitness	Maryann	02-Jun	09-Jun	16-Jun	23-Jun	30-Jun	07-Jul	14-Jul	7	£56.00
	17.00-17.55	Mixed level	Laura	02-Jun	09-Jun	16-Jun	23-Jun	30-Jun	07-Jul	14-Jul	7	£77.00
	18.15-19.10	Mixed Level	Mel	02-Jun	09-Jun	16-Jun	23-Jun	30-Jun	07-Jul	14-Jul	7	£77.00
WED	9.00-9.55	Mixed Level	Fiona	03-Jun	10-Jun	17-Jun	24-Jun	01-Jul	08-Jul	15-Jul	7	£77.00
	10.10-11.05	Beginners*	Fiona	03-Jun	10-Jun	17-Jun	24-Jun	01-Jul	08-Jul	15-Jul	7	£77.00
	17.45-18.40	Improvers/Beginners	Liz	03-Jun	10-Jun	17-Jun	24-Jun	01-Jul	08-Jul	15-Jul	7	£77.00
	18.50-19.45	Mixed Level	Liz	03-Jun	10-Jun	17-Jun	24-Jun	01-Jul	08-Jul	15-Jul	7	£77.00
THU	9.20-10.15	Beginners	Laura	04-Jun	11-Jun	18-Jun	25-Jun	02-Jul	09-Jul	16-Jul	7	£77.00
	10.30-11.25	Chair Pilates	Laura	04-Jun	11-Jun	18-Jun	25-Jun	02-Jul	09-Jul	16-Jul	7	£77.00
	11.45-12.40	Small Equipment Class	Laura	04-Jun	11-Jun	18-Jun	25-Jun	02-Jul	09-Jul	16-Jul	7	£77.00
	19:00-19:55	Intermediate Level	Charlotte	04-Jun	11-Jun	18-Jun	25-Jun	02-Jul	09-Jul	16-Jul	7	£77.00
FRI	9.10-9.55	Fitness	Maryann	05-Jun	12-Jun	19-Jun	26-Jun	03-Jul	10-Jul	17-Jul	7	£56.00
	10.00-10.55	Mixed Level	Leah	05-Jun	12-Jun	19-Jun	26-Jun	03-Jul	10-Jul	17-Jul	7	£77.00

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

**Pilates Pick and Mix Bundle Special Offer 10 Classes for £110**

**Fitness Bundle 10 sessions - £75**

**(Cannot be used for course bookings pick and mix classes only)**

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

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**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.