

MON	09:30 - 10:30 Postnatal Pilates	11:00 - 12:00 Over 60's Pilates	12:15 - 13:15 Over 60's Pilates	18:30 - 19:30 Antenatal Pilates	19:30 - 20:30 Beginner / Intermediate Pilates	20:30 - 21:30 Beginner / Intermediate Pilates
TUE				18:30 - 19:30 Advanced Core Stability	19:30 - 20:30 Advanced Core Stability	20:30 - 21:30 Beginner / Intermediate Pilates
WED	09:30 - 10:30 Beginner / Intermediate Pilates	10:30 - 11:30 Beginner / Intermediate Pilates			19:30 - 20:30 Beginner / Intermediate Pilates	20:30 - 21:30 Beginner / Intermediate Pilates
THU					19:30 - 20:30 Beginner / Intermediate Pilates	20:30 - 21:30 Beginner / Intermediate Pilates
FRI	09:30 - 10:30 Beginner / Intermediate Pilates	10:30 - 11:30 Beginner / Intermediate Pilates			19:00 - 20:00 Beginner / Intermediate Pilates	
SAT	09:00 - 10:00 Beginner / Intermediate Pilates	10:00 - 11:00 Beginner / Intermediate Pilates	11:00 - 12:00 Antenatal Pilates			
SUN						