



Timetable 2026



	Class	Time	Delivery	Length
Tuesday	Mixed Ability	18.30	STUDIO	55 Mins
	Intermediate	19.35	STUDIO	55 Mins
Wednesday	Mixed Ability	17.20	STUDIO	55 Mins
	Gentle Pilates	18.30	STUDIO	55 Mins
	Intermediate	19.35	STUDIO	55 Mins
Saturday	Mixed Ability	8.30	STUDIO	55 Mins
	Intermediate	9.35	STUDIO	55 Mins
	BARRE Pilates	10.45	STUDIO	55 Mins