

Monday

8:30 Emma
Reformer Pilates

9:30 Emma
Reformer Pilates

10:30 Emma
Reformer Pilates

11:30 Emma
Reformer Pilates

12:30 Sarah
Lunch Time Blast!

13:15 Sarah
40m Private Client

16:00 tbc
Reformer Pilates

17:00 tbc
Beginner Pilates

18:00 Emma
Reformer Pilates

19:00 Emma
Reformer Pilates

Tuesday

09:30 Sarah
Reformer Pilates

10:30 Sarah
Reformer Pilates

11:30 Sarah
Gentle Reformer

12:30 Sarah
40m Private Client

13:30 Sarah
Teacher's Online Class

17:00 tbc
Beginner Pilates

18:00 tbc
Reformer Pilates

19:00 tbc
Reformer Pilates

Wednesday

8:00 Sarah
Reformer Pilates

9:00 Sarah
Reformer Pilates

10:00 Alana
Reformer Pilates

11:00 Alana
Reformer Pilates

12:00 Alana
Reformer Pilates

14:30 Emma
Reformer Pilates

15:30 Emma
Reformer Pilates

17:00 Alana
Reformer Pilates

18:00 Alana
Reformer Pilates

19:00 Alana
Reformer Pilates

Thursday

8:30 Alana
Reformer Pilates

09:30 Alana
Reformer Pilates

10:30 Sarah
Reformer Pilates

11:30 Sarah
*private class

12:30 Sarah
Online Class

13:30 Sarah
Pre-Natal Pilates

14:30 Sarah
Post-Natal Pilates

17:00 Alana
Reformer Pilates

18:00 Alana
Reformer Pilates

19:00 Alana
Reformer Pilates

20:00 Alana
Advanced Reformer Pilates

Friday

8:00 Sarah
Online Class 30m

9:30 Sarah
Gentle Reformer

10:30 Sarah
Reformer Pilates

11:30 Sarah
40m Private Client

12:30 Emma
Reformer Pilates

1:30 TEAM
Planning Sesh

2:30 Emma
Reformer Pilates

18:00 Sarah/Emma
Jump! // Specials

19:00 Sarah /Emma
Jump! // specials

Saturday

09:30 rota
Reformer Pilates

10:30 rota
Reformer Pilates

11:30 rota
Reformer Pilates