

# Class Timetable

**Free  
Trial Class**  
Call to book

All classes  
taught by  
Physiotherapists

## Monday

09:30 - 10:30	Pilates	Nicky
10:45 - 11:45	Pilates	Nicky
19:00 - 20:00	Pilates	Nicky
20:15 - 21:15	Pilates	Nicky

## Tuesday

09:15 - 10:15	Pilates	Nicky
10:30 - 11:30	Pilates	Nicky
11:45 - 12:45	Pilates	Nicky
19:00 - 20:00	Pilates	Nicky
20:15 - 21:15	Pilates	Nicky

## Wednesday

09:30 - 10:30	Yogalates	Sunita
10:45 - 11:45	Pilates	Sunita
19:00 - 20:00	Pilates	Sunita
20:15 - 21:15	Pilates	Sunita

## Thursday

09:15 - 10:15	Pilates	Nicky
10:30 - 11:30	Pilates	Nicky
19:15 - 20:15	Pilates	Sunita

## Friday

09:15 - 10:15	Pilates	Nicky
10:30 - 11:30	Pilates	Nicky
11:45 - 12:45	Pilates	Nicky

## Saturday

08:00 - 09:00	Pilates	Sunita
09:10 - 10:10	Pilates	Sunita
10:20 - 11:20	Pilates	Sunita