

PILATES WORKS

Monday	Level	Type	Instructor
9.30am – 10.30am	Intermediate	Matwork	Rosie
11.00am – 12.00pm	Late Beginners	Matwork	Rosie
2.00pm – 3.00pm	Intermediate	Matwork	Rosie
6.00pm – 7.00pm	Late Beginners	Matwork	Rosie
7.15pm – 8.15pm	Intermediate	Matwork	Rosie
Tuesday	Level	Type	Instructor
8.00am – 9.15am	Private session or Physiotherapy		Rosie
9.30am – 10.30am	Advanced	Matwork	Rosie
11.00am – 1.00pm	Private session or Physiotherapy		Rosie
5.45pm – 6.45pm	Intermediate	Matwork	Rosie
7.00pm – 8.00pm	Beginners	Matwork	Rosie
Wednesday	Level	Type	Instructor
8.00am – 9.15am	Private session or Physiotherapy		Rosie
9.30am – 10.30am	Intermediate	Matwork	Rosie
11.00am – 12.00pm	Late Beginners	Matwork	Rosie
6.00pm – 7.00pm	Intermediate	Matwork	Louise
7.30pm – 8.30pm	Complete Beginners	Matwork	Lyndsay
Thursday	Level	Type	Instructor
9.30am – 10.30am	Late Beginners	Matwork	Louise
10.45am – 11.45am	Beginners	Matwork	Louise
6.00pm – 7.00pm	Intermediate	Matwork	Julia
7.15pm – 8.15pm	Intermediate/Advanced	Matwork	Julia
8.30pm – 9.30pm	Beginners	Matwork	Julia
Friday	Level	Type	Instructor
8.00am – 12.30pm	Private session or Physiotherapy		Rosie