

Pilates Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00 am			Beginner 9.30am <i>Anaya</i>			Intermediate <i>Catia</i>
10.00 am			Intermediate 10.30am <i>Ashley</i>		Beginners 10.30am <i>Ashley</i>	Advanced <i>Catia</i>
6.00pm	Beginner <i>Catia</i>	Pre Natal <i>Catia</i>	Intermediate 6.30pm <i>Ashley</i>		Beginners 12noon <i>Anaya</i>	Beginners 11.00am <i>Ashley</i>
7.00pm	Advanced <i>Catia</i>	Intermediate <i>Laurent</i>	Advanced 7.30pm <i>Ashley</i>	Intermediate <i>Laurent</i>	Intermediate 2.00pm <i>Ashley</i>	Pre Natal <i>2pm</i> <i>Catia</i>
8.00 pm	Advanced <i>Catia</i>	Beginner <i>Laurent</i>		Advanced <i>Laurent</i>	Intermediate/ Advanced 4.30pm <i>Ashley</i>	

Mat Classes are a 5 week course. Contact Physio4life reception for start dates and enrolment details.

Pre-natal Classes: Initial assessment essential before beginning Pre-natal Pilates class. Contact physio4life reception for bookings.

Clinic Opening Hours

Monday to Thursday 7am to 10pm

Friday: 7am to 8pm

Saturday: 8am to 4pm