

Pilates Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00 am			Beginners 9.30am Rachel			Beginner Catia
10.00 am		Post-natal 11:15am Rose	Intermediate 10.30 am Rachel			Advanced Manouela
5.30 pm					Pre-natal Rose	
6.30pm	Beginner 6pm Manouela	Pre-Natal 5.50pm Catia	Intermediate Manouela		Pre-natal Rose	Pre-Natal 2pm Catia
7.00pm	Advanced Rose	Intermediate Laurent		Intermediate Laurent		
8.00 pm	Advanced Rose	Beginners Laurent		Advanced Laurent		

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