

monday

- 8.45 Mixed Ability Reformer
- 10am Kettlecise
- 11.30 Supervised Studio
- 3pm Pilates Barre
- 5pm Small Equipment Matwork
- 6:30pm Pure Stretch by Candlelight

- 3pm Intermediate Reformer
- 4pm Beginner Reformer
- 5pm Mixed Ability Reformer
- 6pm Cardio Conditioning Reformer

tuesday

- 10am Mixed Ability Matwork
- 11am Pilates Barre
- 3pm ZENGA Reformer
- 4pm Beginner Reformer
- 6pm Bootybarre

wednesday

- 10am Mum & Baby Post Natal Pilates

thursday

friday

- 8.45am Beginner Mat/Reformer
- 10am Bbarreless
- 11.30am High Intermediate Reformer

- 8.45 Intermediate Reformer
- 10am Kettlecise
- 12.30 Supervised Studio
- 13.30 Beginner Reformer
- 2.30pm ZENGA reformer

saturday