



|           | MONDAY   | TUESDAY   | WEDNESDAY                                       | THURSDAY   | FRIDAY  | SATURDAY | SUNDAY   |
|-----------|--|---|---|--|---|----------|--|
| MORNING   | <u>9.15am</u><br>Attended studio only Beginners to Intermediate with Sam<br><u>10:30am</u><br>Beginners to Intermediate Matwork with Sam (Zoom only) | <u>9am</u><br>Beginners to Intermediate Matwork with Kate   |   | <u>9.15am</u><br>HIIT Pilates with Kate  | <u>10.30am</u><br>Post-Natal Pilates with Amy |          |  |
| AFTERNOON |  |   | <u>2pm</u><br>Beginners Matwork with Kate       | <u>1pm</u><br>Beginners Matwork with Kate  |   |          |  |
| EVENING   | <u>7pm</u><br>Intermediate to Advanced Matwork with Kate   | <u>6pm</u><br>Beginners to Intermediate Matwork with Kate<br><u>7.05pm</u><br>Beginners to Intermediate Matwork with Kate | <u>5.30pm</u><br>Intermediate Matwork with Kate | <u>5.30pm</u><br>Ante-Natal Pilates with Amy<br><br>6.30pm<br>Beginners Matwork with Amy |   |          | <u>5.30PM:</u><br>Intermediate matwork with Kate (Zoom only) |