



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<u>9.15am</u> Beginners to Intermediate with Sam (Attended Studio only)  <u>10:30am</u> Beginners to Intermediate Matwork with Sam	<u>9am</u> Beginners to Intermediate Matwork with Kate	<u>11.30am</u> Post-Natal Pilates with Amy	<u>9.15am</u> HIIT Pilates with Kate			
AFTERNOON			<u>2pm</u> Beginners Matwork with Kate	<u>1pm</u> Beginners Matwork with Kate			
EVENING	<u>7pm</u> Intermediate to Advanced Matwork with Kate	<u>6pm</u> Beginners to Intermediate Matwork with Kate <u>7.05pm</u> Beginners to Intermediate Matwork with Kate	<u>5.30pm</u> Intermediate Matwork with Kate	<u>5.30pm</u> Ante-Natal Pilates with Amy <u>6.30pm</u> Beginners to Intermediate Matwork with Amy			<u>5.30PM:</u> Intermediate Matwork with Kate (Zoom only)

*\*All classes are for studio attendance (limited availability) & live-streamed attendance via Zoom unless otherwise stated*