



	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 Sam	<u>11.30am</u> Post-Natal Pilates with Ellie <u>12.45pm</u> Beginners Matwork with Ellie	<u>9.15am</u> HIIT Pilates with Kate			
AFTERNOON			<u>2pm</u> Beginners Matwork with Amy				
EVENING	<u>7pm</u> Intermediate Matwork with Kate	<u>6pm</u> Beginners to Intermediate Matwork with Lily <u>7.05pm</u> Beginners to Intermediate Matwork with Lily	<u>5.30pm</u> Beginner to Intermediate Matwork with Lowri <u>6.45pm</u> New beginner to intermediate Matwork with Lowri	<u>6.30pm</u> Beginners to Intermediate Matwork with Amy			

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