Class *timetable*

LAST UPDATED 7 SEPTEMBER 2026

MONDAY

MAT PILATES

09:30am Mixed Ability
10:45am Mixed Ability
06:15pm Mixed Ability
07:30pm Advanced

REFORMER PILATES

12:15pm Mixed Ability

TUESDAY

MAT PILATES

07:45pm Mixed Ability

REFORMER PILATES

06:30am Reformer Express (45 mins)
09:30am Mixed Ability
06:30pm Mixed Ability

WEDNESDAY

MAT PILATES / BARRE

06:15pm Mixed Ability

REFORMER PILATES

09:30am Mixed Ability
07:30pm Mixed Ability

THURSDAY

MAT PILATES / BARRE

09:30am Mixed Ability
06:15pm Barre

REFORMER PILATES

06:30am Reformer Express (45 mins)
07:30pm Mixed Ability

FRIDAY

MAT PILATES

09:30am Mixed Ability
10:45am Mixed Ability

REFORMER PILATES

12:15pm Mixed Ability

SATURDAY

REFORMER PILATES

08:00am Mixed Ability
10:00am Mixed Ability
11:15am Mixed Ability
12:30pm Mixed Ability

SUNDAY

REFORMER PILATES

10:00am Jumpboard
45 Min Drop-in — £13.75

SWAP BOARD

Use the Swapboard to find an alternative.