



CLASS SCHEDULE

MON

09:30 PL Sculpt
18:00 TRX Pilates
19:00 Mat Pilates
20:00 PL Strength (from Feb)

TUE

08:00 TRX
18:00 Barre
19:00 Classical Pilates
20:00 Mat Pilates

WED

09:30 Mat Pilates
18:00 PL Strength
19:00 TRX
20:00 Mat Pilates

THU

18:00 Pilates & Barre
19:00 Barre

FRI

08:00 Mat Pilates
09:30 Barre
12:00 Pilates 45 Flow
18:00 Candlelit Flow

SAT

08:00 Mat Pilates
09:00 TRX
10:00 PL Strength

SUN

09:30 Mat Pilates

UNLIMITED MEMBERSHIP

Enjoy unlimited classes. Autopay monthly, cancel anytime.
£6.75 per session (5 times a week) **£135 per month**