

## Clinical Pilates – Class Timetable

Day/Time	Class Description	Instructor	Class Levels
<b>Monday</b>			
10.00am	Improvers	Lottie	<p><b>Beginners</b></p> <p>Introduce your body to the benefits of Pilates. This class is ideal for those who are injured. Learn to use your inner core and stability muscles to improve your strength, posture and flexibility.</p>
11.15am	Beginners	Lottie	
12.30pm	Beginners/Improvers	Lottie	
6.00pm	Beginners/Improvers	Helen	<p><b>Improvers</b></p> <p>For experienced beginners who are not quite ready to leap to intermediate.</p>
7.15pm	Beginners	Helen	
<b>Tuesday</b>			
8.30am	Intermediate	Lottie	<p><b>Intermediate/Advanced</b></p> <p>These are higher level classes for those without injury. A great progression for clients experienced in Pilates, ready to move to a higher level of strength, control and balance.</p>
10.00am	Beginners/Improvers	Lottie	
11.15am	Intermediate	Lottie	<p><b>Healthy Bones</b></p> <p>A class aimed at improving bone health, spending time in the functional position of standing, working on balance, gluteal strength and tone as well as strength, mobility and flexibility.</p> <p><b>Teens</b> (<i>this class is currently not running</i>)</p> <p>A class aimed at helping to develop core stability at a young age in turn improving posture, strength and protection against injury.</p> <p><b>Bumps &amp; Babies</b> (<i>this class is currently not running</i>)</p> <p>A specialised class for pregnant ladies and post-natal mummies 6 weeks – 6 months *.</p> <p>*This will be dependent on individual requirements.</p> <p><b>Mens</b></p> <p>A dynamic class focussed on flexibility, stability and maximising core strength for men taught by a male physiotherapist.</p>
2.00pm	Advanced	Lottie	
6.00pm	Improvers	Kerry	
7.15pm	Intermediate/Advanced	Kerry	
8.30pm	Intermediate/Advanced	Kerry	
<b>Wednesday</b>			
10.00am	Improvers	Helen	<p><b>Bumps &amp; Babies</b> (<i>this class is currently not running</i>)</p> <p>A specialised class for pregnant ladies and post-natal mummies 6 weeks – 6 months *.</p> <p>*This will be dependent on individual requirements.</p>
11.15am	Bumps & Babies	Helen	
2.00pm	Advanced	Helen	
<b>Thursday</b>			
8.30am	Improvers	Lottie	<p><b>Mens</b></p> <p>A dynamic class focussed on flexibility, stability and maximising core strength for men taught by a male physiotherapist.</p>
10.00am	Healthy Bones	Lottie	
10.00am	Beginners (Ipswich)	Kerry	
11.15am	Intermediate	Lottie	
6.00pm	Improvers	Sophie	
7.15pm	Intermediate	Sophie	
8.30pm	Advanced	Sophie	
<b>Friday</b>			
10.00am	Beginners/Improvers	Kerry	
11.15am	Healthy Bones/Beginners	Kerry	
6.30pm	Men's Class	Will	
7.30pm	Men's Class	Will	