



CLINICAL PILATES – Class Time Table

MONDAYS:

10am	Beginners/Improvers
11.15am	Beginners/Improvers
12.30pm	Beginners/Improvers

TUESDAYS:

8.30am	Intermediate
10am	Beginners/Improvers
2pm	Advanced
6pm	Beginners/Improvers
7.15pm	Beginners/Improvers
8.30pm	Beginners/Improvers

WEDNESDAYS:

10am	Improvers
12.45pm	Beginners/Improvers
2pm	Advanced

THURSDAYS:

8.30am	Improvers
10am	Healthy Bones
11.15am	Intermediate
6pm	Beginners/Improvers
7.15pm	Intermediate
8.30pm	Advanced

CLASS LEVELS

Beginners:

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.

Improvers:

For experienced beginners who are not quite ready to leap to intermediate.

Intermediate/Advanced:

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.

Healthy Bones/Standing Pilates:

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.