

<i>Day/Time</i>	<i>Class Description</i>	<i>Instructor</i>	<i>Class Levels</i>
Monday			<i>Beginners</i>
8.30am	Beginners	Lottie	Introduce your body to the benefits of Pilates.
10.00am	Improvers	Lottie	This class is ideal for those who are injured.
11.15am	Beginners/Improvers	Lottie	Learn to use your inner core and stability
6.00pm	Beginners/Improvers	Lottie	muscles to improve your strength, posture and
7.10pm	Beginners/Improvers	Lottie	flexibility
8.15pm	Mens Class	Will	
Tuesday			<i>Improvers</i>
8.30am	Intermediate	Lottie	For experienced beginners who are not quite
10.00am	Beginners/Improvers	Lotte	ready to leap to intermediate.
2.00pm	Improvers	Lottie	
4.15pm	Beginners/Improvers	Lottie	
6.00pm	Improvers	Sophie	<i>Intermediate/Advanced</i>
7.15pm	Beginners	Sophie	These are higher level classes for those without
Wednesday			
10.00am	Improvers	Sophie	injury. A great progression for clients
11.15am	Beginners/Improvers	Sophie	experienced in Pilates, ready to move to a
Thursday			<i>Healthy Bones</i>
8.30am	Improvers	Lottie	A class aimed at improving bone health
10.00am	Healthy Bones	Lottie	spending time in a functional position of
11.15am	Intermediate	Lottie	standing, working on balance, gluteal strength
Friday			
10.00am	Beginners/Improvers	Kerry	and tone as well as strength, mobility and
11.15am	Healthy Bones/Beginners	Kerry	flexibility

6.00pm	Mens Class	Will	<i>Mens</i>
7.00pm	Mens Class	Will	A dynamic class focussed on flexibility, stability and maximising core strength for men taught by a male physiotherapist.

Clinical Pilates – Class Timetable