

Timetable from Sept 2018

For more info & to book classes:
www.headingleypilates.co.uk

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Time	Mon	Tue	Wed	Thu	Fri
9:00 AM					
9:30 AM	Gym		Pilates Mat with Oov	Pilates Mat	Somatics
10:00 AM					
10:30 AM	Available for 121	Somatics	Available for 121	Reformer	
11:00 AM					
11:30 AM	Reformer	Gym	Reformer		Available for 121
12:00 PM					
12:30 PM		Available for 121	Post-natal 12.45-1.45	Available for 121	Reformer
1:00 PM	Franklin Method & Studio Equip				
1:30 PM	Available for 121		Available for 121		
2:00 PM					
2:30 PM	Gym		Available for 121	Gym	Available for 121
3:00 PM					
3:30 PM	Available for 121			Available for 121	
4:00 PM					
4:30 PM				Available for 121	
5:00 PM					
5:30 PM		Pre-natal			
6:00 PM					
6:30 PM		Reformer & Studio Equipment	Reformer		
7:00 PM					
7:30 PM		Gym	Pilates Mat/Oov Improver		
8:00 PM					
8:30 PM		Reformer	Pilates Mat/Oov Beginner		
9:00 PM					