

Timetable from March 2019

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

email: headingleypilates@gmail.com

tel: 0113 225 0791

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	Available for 121		
11:00 AM						
11:30 AM	Reformer	Gym	Reformer		Available for 121	Available for 121
12:00 PM						
12:30 PM	Reformer	Available for 121	Post-natal 12.45-1.45		Available for 121	Reformer
1:00 PM						
1:30 PM						
2:00 PM	Available for 121		Available for 121	Available for 121	Available for 121	
2:30 PM						
3:00 PM	Gym		Chair Yoga	Gym	Available for 121	
3:30 PM						
4:00 PM	Available for 121			Available for 121		
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM		Reformer & Studio Equipment				
7:00 PM			Pilates Mat/Oov Improver			
7:30 PM		Reformer		Pilates Mat/Oov Beginner		
8:00 PM						
8:30 PM		Reformer				
9:00 PM						