

Timetable from February 2020

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 with Oov	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	Restorative Reformer	Available for 121
12:00 PM					
12:30 PM		Available for 121	Available for 121		Reformer
1:00 PM	Reformer				
1:30 PM					
2:00 PM	Available for 121	Available for 121	Post-Natal Pilates 1.45-2.45	Available for 121	Available for 121
2:30 PM					
3:00 PM	Gym			Gym	Available for 121
3:30 PM			Chair Yoga		
4:00 PM	Available for 121				Available for 121
4:30 PM					
5:00 PM					
5:30 PM				Pre-natal Pilates	
6:00 PM					
6:30 PM		Reformer & Studio Equipment			
7:00 PM			Pilates Mat with Oov		
7:30 PM	Somatics with Oov	Reformer			
8:00 PM					
8:30 PM		Reformer			
9:00 PM					