Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Beginner Mat Pilates Emma (physiotherapist)	**10:00** Reformer Flow (beginner friendly) Danae	**13:00** Reformer Flow (beginner friendly) Danae	**08:00** Intermediate Mat Danae	**08:00** Reformer Flow (beginner friendly) Rachael	**09:00** Mat Pilates for Men Steve
17:45 Reformer Flow (beginner friendly) Danae	**11:15** Mummy and Baby Reformer Danae	**18:15** Beginner / Intermediate Reformer Emma (physiotherapist)	**14:00** Osteoporosis Reformer Course Emma (physiotherapist)	**10:00** Reformer Flow (beginner friendly) Danae	
18:45 Reformer Flow (beginner friendly) Danae	**13:00** Reformer Flow (beginner friendly) Danae		**18:00** Reformer Flow (beginner friendly) Danae	**11:15** Mummy and Baby Mat Danae	
19:45 Reformer Flow (beginner friendly) Danae	**18:00** Beginner Mat Pilates Emma (physiotherapist)			**13:00** Reformer Flow (beginner friendly) Danae	