

Weekly Pilates Class Schedule

Find your flow. Build strength. Make time for you.

Sample timetable for a Pilates studio template. Class names and times are illustrative and can be customised.

Monday

TIME	CLASS	LEVEL
09:00	Mat Pilates	All levels
17:30	Reformer Flow	Intermediate
18:30	Beginner Pilates	Beginners

Tuesday

TIME	CLASS	LEVEL
10:00	Gentle Pilates	All levels
18:00	Reformer Strength	All levels

Wednesday

TIME	CLASS	LEVEL
09:00	Mat Pilates	All levels
17:30	Reformer Flow	Intermediate
18:30	Stretch & Restore	All levels

Thursday

TIME	CLASS	LEVEL
10:00	Beginner Pilates	Beginners
18:00	Reformer Strength	All levels

Friday

TIME	CLASS	LEVEL
09:30	Mat Pilates	All levels
17:30	Stretch & Restore	All levels

Saturday

TIME	CLASS	LEVEL
09:00	Weekend Reformer	All levels
10:00	Pilates Foundations	Beginners

Please contact the studio to confirm class availability and booking details.