

Pilates in Brighton Mat and Machine Class Timetable 2017



Pilates in Brighton

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7:30 - 8:30 Mixed Level Pilates		
9.00 - 10.00 Intermediate Pilates						
	9:15 - 10:15 Pilates Small Equipment	9:15 - 10:15 HIIT Pilates Mixed Level	9:15 - 10:15 Pilates w/ Small Equipment Improvers/Intermediate	9:15 - 10:15 Beginners Pilates	9:30 - 10:30 Improvers / Intermediate	10:00 - 11:00 Mixed Level
10.15 - 11.15 Pilates Mixed Level 10.15 - 11.15 Group Machine Session*	10:30 - 11:30 Beginners and Back Pain Pilates 10:30 - 11:30 Group Machine Class	10:30 - 11:30 Group Machine Session	10:30 - 11:30 Pilates for Beginners and Back Pain	10:30 - 11:30 Intermediate Pilates		
11.30 - 12.30 Gentle Pilates					11:45 - 12:45 Group Machine Session*	
			12:30 - 1:30 Group Machine Session	12:30 - 1:30 Beginners Pilates 12:30 - 1:30 Group Machine Session		
5:15 - 6:15 Group Machine Class			5:15 - 6:15 Beginners and Back Pain			
6.15 - 7.15 Beginners Pilates		6:00 - 7:00 Beginners/Improvers				
6:15 - 7:15 Group Machine Class	6:15 - 7:15 Beginners Back Pain		6:30 - 7:30 Pilates w/ Small Equipment Improvers/Intermediate			
7:15 - 8:15 Group Machine Session*						
8.30 - 9.30 Advanced Pilates		7:30 - 8:30 Intermediate Pilates				