



GREEN PILATES MOVEMENT STUDIO

# Studio Timetable

## MONDAY

|                 |                                        |
|-----------------|----------------------------------------|
| 9.30 - 10.15am  | Pilates ALL                            |
| 10.30 - 11.15am | Chiball (*CB)                          |
| 11.30 - 12.15pm | Chair Aerobics (*CB)                   |
| 12.30 - 1.15pm  | Group Reformer                         |
| 1.30pm - 2.30pm | Yoga                                   |
| 2.00 - 2.45pm   | Train to regain at Polly's Field (*CB) |

## TUESDAY

|                 |                     |
|-----------------|---------------------|
| 9.30 - 10.15am  | Pilates ALL         |
| 10.30 - 11.15am | Dynamic Flow        |
| 11.30 - 12.15pm | Chair Pilates (*CB) |
| 12.30 - 1.15pm  | Group Reformer      |
| 2.00 - 2.45pm   | Line Dancing        |

## WEDNESDAY

|                 |                |
|-----------------|----------------|
| 8.15 - 9.00am   | Group Reformer |
| 9.15 - 10.00am  | Dance Fit      |
| 10.15 - 11.00am | Inner Strength |
| 11.15 - 12.00pm | Group Reformer |

## THURSDAY

|                 |                                       |
|-----------------|---------------------------------------|
| 9.30 - 10.15am  | Pilates ALL                           |
| 10.30 - 11.15am | Chiball (*CB)                         |
| 11.30 - 12.15pm | Chair Pilates (*CB)                   |
| 1.00 - 1.45pm   | Group Reformer                        |
| 2.30 - 3.15pm   | Chair aerobics at Polly's Field (*CB) |

## FRIDAY

|                 |                     |
|-----------------|---------------------|
| 9.30 - 10.15am  | Pilates ALL         |
| 10.30 - 11.15am | Friday Fitness      |
| 11.30 - 12.15pm | Restorative Pilates |
| 12.30 - 1.30pm  | MS Chair Pilates    |

(\*CB) indicates suitable for chair based clients  
Private and Duet Pilates Apparatus sessions  
available Monday to Friday

To book classes email  
[info@greenpilates.org](mailto:info@greenpilates.org)

FOR MORE CLASS INFORMATION PLEASE VISIT

# [www.greenpilates.org](http://www.greenpilates.org)

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