



GREEN PILATES MOVEMENT STUDIO

Studio Timetable

MONDAY

9.30 - 10.15am Pilates ALL
10.30 - 11.15am Chiball
11.30 - 12.15pm Chair Aerobics

12.30 - 2.30pm **Pilates Equipment
121 & Duets**

TUESDAY

9.30 - 10.15am Pilates ALL
10.30 - 11.15am Spirals
11.30 - 12.15pm Better balance

12.30 - 2.30pm **Pilates Equipment
121 & Duets**

WEDNESDAY

9.00 - 9.45am Dance Fit
10.15 - 11.00am Yoga
11.15 - 12.00pm Mid Week meditation
12.15 - 1.15pm Cuppa and chat

(last Wed of the month)

2.00 - 3.00pm **Chair aerobics/chiball
at Pollyfields**

THURSDAY

9.30 - 10.15am Pilates ALL
10.30 - 11.15am Pilates ALL
11.30 - 12.15pm Chair Pilates

12.30 - 2.30pm **Pilates Equipment
121 & Duets**

FRIDAY

9.30 - 10.15am
10.30 - 11.15am
11.30 - 12.15pm
12.30pm - 1.30pm

Pilates ALL
Friday Fitness
Restorative Pilates
MS Chair Pilates * private class

***Pilates equipment includes
Reformer, Wunda chair, Barrel & Mat**

To book classes email
info@greenpilates.org

FIRST CLASS FREE

FOR MORE CLASS INFORMATION PLEASE VISIT

greenpilates.org

Green Pilates Movement Studio, Silks Way, Braintree, Essex, CM7 3GB