



GREEN PILATES MOVEMENT STUDIO

# GROUP STUDIO TIMETABLE APRIL 2026

## MONDAY

**7.00AM**  
Matwork  
Pilates  
*Isobel*

**9.30AM**  
Matwork  
Pilates  
*Joanne*

**10.30AM**  
Chiball  
  
*Yolande*

**11.30AM**  
Chair  
aerobics  
*Yolande*

**12.30PM**  
Reformer &  
Tower Flow  
*Yolande*

**1.30PM**  
Balance &  
Strength Circuit  
*Alex*

**2.00PM**  
Train to regain  
Polly'sfield  
*Yolande*

## TUESDAY

**8.15AM**  
Reformer &  
Tower Pilates  
*Alexandra*

**9.30AM**  
Matwork  
Pilates  
*Alexandra*

**10.30AM**  
Pilates Barre  
  
*Joanne*

**11.30AM**  
Chair Pilates  
  
*Joanne*

**12.30PM**  
Reformer &  
Tower Flow  
*Joanne*

**2.00PM**  
Line Dancing  
  
*Yolande*

## WEDNESDAY

**8.15AM**  
Group  
reformer  
*Alexandra*

**9.15AM**  
Dance Fit  
  
*Joanne*

**10.15AM**  
Mid week  
meditation  
*Amanda*

**11.30AM**  
Group  
reformer  
*Joanne*

**1.00PM**  
Mat Yoga  
  
*Hannah*

**2.00PM**  
Chair Yoga  
  
*Hannah*

## THURSDAY

**7.00AM**  
Group  
reformer  
*Isobel*

**9.30AM**  
Matwork  
Pilates  
*Yolande*

**10.30AM**  
Chiball  
  
*Joanne*

**11.30AM**  
Chair Pilates  
  
*Yolande*

**1.00PM**  
Group  
reformer  
*Joanne*

**2.30PM**  
Chair aerobics  
Polly'sfield  
*Yolande*

## FRIDAY

**9.30AM**  
Matwork  
Pilates  
*Joanne*

**10.30AM**  
Functional  
Fitness circuit  
*Joanne*

**11.30AM**  
Restorative  
Matwork Pilates  
*Yolande*

**12.30PM**  
MS Chair Pilates  
*Private class for  
MS society  
Yolande*

**FIRST CLASS FREE**

Green Pilates Movement Studio, Silks Way, Braintree, Essex, CM7 3GB  
[www.greenpilates.org](http://www.greenpilates.org)



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