



GREEN PILATES MOVEMENT STUDIO

# GROUP STUDIO TIMETABLE

## JANUARY 2026

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

**7.00AM**  
Early Riser  
Matwork Pilates

**8.15AM**  
Group  
reformer

**9.30AM**  
Matwork  
Pilates

**9.30AM**  
Matwork  
Pilates

**9.15AM**  
Dance Fit

**9.30AM**  
Matwork  
Pilates

**9.30AM**  
Matwork  
Pilates

**10.30AM**  
Chiball

**10.30AM**  
Dynamic Flow

**10.15AM**  
Mid week  
meditation

**10.30AM**  
Chiball

**10.30AM**  
Friday Fitness

**11.30AM**  
Chair  
aerobics

**11.30AM**  
Chair Pilates

**11.30AM**  
Group  
reformer

**11.30AM**  
Chair Pilates

**11.30AM**  
Restorative  
Matwork Pilates

**12.30PM**  
Reformer &  
Tower Flow

**12.30PM**  
Group  
reformer

**1.00PM**  
Group  
reformer

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

**2.00PM**  
Line Dancing

**2.30PM**  
Chair aerobics  
Polly'sfield

**Pilates classes**

Matwork Pilates

Restorative Pilates

Group Reformer

Reformer & Tower Flow

**Chair based classes**

Chair Pilates

Chair aerobics

Train to regain

Chiball

**Cardio classes**

Line dancing

Friday Fitness

Dance Fit

**Mind and body classes**

Chiball

Mid week Meditation

Dynamic Flow

**FIRST CLASS FREE**

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



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