



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



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