



GREEN PILATES MOVEMENT STUDIO

Studio Timetable

MONDAY

9.30 - 10.15am Pilates ALL
10.30 - 11.15am Chiball
11.30 - 12.15pm Chair Aerobics
2.00 - 2.45pm **Train to regain at Polly's Field**

TUESDAY

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

WEDNESDAY

9.00 - 9.45am Dance Fit
10.15 - 11.00am Yoga
11.15 - 12.00pm Mid Week meditation
2.00 - 2.25pm **Chair aerobics at Polly's Field**
2.30 - 3.00pm **Chair chiball at Polly's Field**

THURSDAY

9.30 - 10.15am Pilates ALL
10.30 - 11.15am Mind, body & Soul
11.30 - 12.15pm Chair Pilates

FRIDAY

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

**Private and Duet Pilates Apparatus sessions
available Monday to Friday
Reformer, Tower, 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