



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

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



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