



GREEN PILATES MOVEMENT STUDIO

Class Timetable Sept 2022

MONDAY

9.30 - 10.15 am **Pilates ALL**
10.30 - 11.15 am **Chiball**
11.30 - 12.15 am **Chair Aerobics**

12.00 to 2.00pm **Reformer & Wunda
Chair Sessions**

TUESDAY

9.30 - 10.15 am **Pilates ALL**
10.30 - 11.15 am **Chair Yoga**

10.30 am to 12.00 **Reformer & Wunda
Chair Sessions**

WEDNESDAY

9.15 - 10.00 am **Zumba**
10.15 - 11.00am **Yoga**

THURSDAY

9.30 - 10.15am **Pilates ALL**
10.30 - 11.15 am **Zumba Gold**
11.30 - 12.15 pm **Chair Pilates**

FRIDAY

9.30 - 10.15 am **Pilates ALL**
10.30 - 11.15 am **Friday Fitness**
11.30 - 12.15 pm **Restorative Pilates**

Book via info@greenpilates.org

FIRST CLASS FREE

FOR MORE CLASS INFORMATION PLEASE VISIT

greenpilates.org

Green Pilates Movement Studio, Silks Way, Braintree, Essex, CM7 3GB