



GREEN PILATES MOVEMENT STUDIO

GROUP STUDIO TIMETABLE

APRIL 2026

MONDAY

7.00AM
Matwork
Pilates

9.30AM
Matwork
Pilates

10.30AM
Chiball

11.30AM
Chair
aerobics

12.30PM
Reformer &
Tower Flow

1.30PM
Balance &
Strength Circuit

2.00PM
Train to regain
Polly'sfield

TUESDAY

8.15AM
Reformer &
Tower Pilates

9.30AM
Matwork
Pilates

10.30AM
Pilates Barre

11.30AM
Chair Pilates

12.30PM
Reformer &
Tower Flow

2.00PM
Line Dancing

WEDNESDAY

8.15AM
Group
reformer

9.15AM
Dance Fit

10.15AM
Mid week
meditation

11.30AM
Group
reformer

3.00PM
Chair Yoga
Starts 15th

THURSDAY

7.00AM
Group
reformer

9.30AM
Matwork
Pilates

10.30AM
Chiball

11.30AM
Chair Pilates

1.00PM
Group
reformer

2.30PM
Chair aerobics
Polly'sfield

FRIDAY

9.30AM
Matwork
Pilates

10.30AM
Functional
Fitness circuit

11.30AM
Restorative
Matwork Pilates

12.30PM
MS Chair Pilates
*Private class for
MS society*

FIRST CLASS FREE

Green Pilates Movement Studio, Silks Way, Braintree, Essex, CM7 3GB
www.greenpilates.org



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