



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
1.00 - 1.45pm **Tuesday Fitness**
2.00 - 2.45pm **Line Dancing**

WEDNESDAY

9.15 - 10.00am Dance Fit
10.15 - 11.00am Yoga
11.15 - 12.00pm Mid Week meditation
1.00 - 1.45pm **Pilates All**
2.00 - 2.45pm **Chair aerobics at Polly's Field**

THURSDAY

9.30 - 10.15am Pilates ALL
10.30 - 11.15am Chiball
11.30 - 12.15pm Chair Pilates
1.00 - 1.45pm **Ballet Barre Workout**
2.00 - 2.45pm **Train to regain**

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**

To book classes email
info@greenpilates.org

FIRST CLASS FREE

FOR MORE CLASS INFORMATION PLEASE VISIT

www.greenpilates.org

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