



GREEN PILATES MOVEMENT STUDIO

Studio Timetable

MONDAY

9.30 - 10.15am	Pilates ALL
10.30 - 11.15am	Chiball (*CB)
11.30 - 12.15pm	Chair Aerobics (*CB)
12.30 - 1.15pm	Group Reformer
2.00 - 2.45pm	Train to regain at Polly's Field (*CB)

TUESDAY

9.30 - 10.15am	Pilates ALL
10.30 - 11.15am	Dynamic Flow
11.30 - 12.15pm	Chair Pilates (*CB)
12.30 - 1.15pm	Group Reformer
2.00 - 2.45pm	Line Dancing
4.15 - 5.00pm	Teen Reformer

WEDNESDAY

8.15 - 9.00am	Group Reformer
9.15 - 10.00am	Dance Fit
10.15 - 11.00am	Yoga
11.15 - 12.00pm	Group Reformer

THURSDAY

9.30 - 10.15am	Pilates ALL
10.30 - 11.15am	Chiball (*CB)
11.30 - 12.15pm	Chair Pilates (*CB)
1.00 - 1.45pm	Group Reformer
2.30 - 3.15pm	Chair aerobics at Polly's Field (*CB)

FRIDAY

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

(*CB) indicates suitable for chair based clients
Private and Duet Pilates Apparatus sessions
available Monday to Friday

To book classes email
info@greenpilates.org

FOR MORE CLASS INFORMATION PLEASE VISIT

www.greenpilates.org

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