



GREEN PILATES MOVEMENT STUDIO

# Class Timetable

## 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](mailto:info@greenpilates.org)

**FIRST CLASS FREE**

FOR MORE CLASS INFORMATION PLEASE VISIT

[greenpilates.org](http://greenpilates.org)

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