

MONDAY	CLASS	LEVEL	STUDIO
9.30 - 10.30	DYNAMIC PILATES	2/3/4	2
12.50 - 1.50	EASY PILATES	1/2	1
7.30 - 8.30	PILATES & STRETCH	ALL	1

TUESDAY	CLASS	LEVEL	STUDIO
11.30-12.30	PILATES & STRETCH	ALL	2

WEDNESDAY	CLASS	LEVEL	STUDIO
9.30 - 10.30	BOOTCAMP PILATES	2/3/4	2
7.30 - 8.30	DYNAMIC PILATES	2/3/4	1

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THURSDAY	CLASS	LEVEL	STUDIO
9.30 - 10.30	DYNAMIC PILATES	2/3/4	2
12.50 - 1.50	EASY PILATES	1/2	1
6.30 - 7.30	AntiGravity AERIAL YOGA	2/3/4	4

FRIDAY	CLASS	LEVEL	STUDIO
9.30 - 10.30	DYNAMIC PILATES	2/3/4	2

SATURDAY	CLASS	LEVEL	STUDIO
9.00 - 10.00	BOOTCAMP PILATES	2/3/4	2
10.30 - 11.30	DYNAMIC PILATES	2/3/4	3

[CLICK HERE TO BOOK YOUR CLASSES](#)

Next Term Runs From 16th April - 26th May

CLASS LEVEL GUIDE

LEVEL 1 - Beginner/Returner - Low Intensity

LEVEL 2 - Improver

LEVEL 3 - Intermediate LEVEL

LEVEL 4 -Advanced - High Intensity

AntiGravity beginners **MUST** contact me before first class

STUDIO GUIDE

STUDIO 1 - Chiswick Tennis Club - Grove Park, Chiswick W4 3EU

STUDIO 2 - The Hogarth Centre - THE DOJO - Chiswick W4 2JR

STUDIO 3 - The Catholic Centre - Chiswick W4 2AE

STUDIO 4 - The Coco Club - Hammersmith W6 0JD