

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
7.00am - 8.00am	Intermediate		Intermediate		Beginners		Intermediate		Beginners					
8.00am - 9.00am	Intermediate		Beginners		Intermediate		Beginners		Intermediate		Intermediate			
9.00am - 10.00am	Beginners		Intermediate		Beginners		Intermediate		Beginners		Intermediate	Intermediate	Intermediate	Intermediate
10.00am - 11.00am	Intermediate	Cardiolates	Beginners	Prenatal	Intermediate	Cardiolates	Beginners		Intermediate	Cardiolates	Beginners	Beginners	Beginners	Beginners
11.00am - 12.00am	Beginners		Intermediate		Beginners		Intermediate		Beginners		Intermediate	Intermediate	Intermediate	Beginners
12.00pm - 1.00pm	Intermediate		Beginners		Intermediate		Beginners		Intermediate		Beginners	Beginners	Intermediate	Cardiolates
1.00pm - 2.00pm											Intermediate		Beginners	
2.00pm - 3.00pm											Beginners			Dynamic Mat
3.00pm - 4.00pm														
4.00pm - 5.00pm														
5.00pm - 6.00pm	Intermediate		Beginners		Intermediate		Beginners		Beginners					
6.00pm - 7.00pm	Beginners	Beginners	Intermediate	Intermediate	Beginners	Beginners	Intermediate	Intermediate	Intermediate					
7.00pm - 8.00pm	Intermediate	Cardiolates	Beginners	Beginners	Intermediate	Intermediate	Beginners	Beginners	Cardiolates					
8.00pm - 9.00pm	Beginners		Intermediate		Beginners		Men's Priority							

Beginners: Recommended as your first class with TenPilates or for those of you who would like more practice at a gentler pace.

Intermediate: A general class, which requires a reasonable level of experience and fitness to participate.

Cardiolates: Combines all the intensity and body-sculpting of Dynamic Pilates with the cardiovascular benefits of a calorie-burning spin class.

Dynamic Mat Pilates: Ideal for focusing on technique and learning to activate core muscles effectively. As it's floor-based with only your own body weight for resistance, it's suitable for anyone with back problems, poor balance or low muscular strength. It will also provide a dynamic full body workout.

Men's Priority: A general class, which requires a reasonable level of experience and fitness to participate. Expect to burn fat, build and define muscle and work up a sweat. Women are also welcome.

Corporate Class: Reserve private weekly classes for individual groups or teams to train together. Please ask reception for details.

Personal Training: An individual and totally personalised approach to help you achieve your goals, whether you're looking for improved health and strength, injury prevention, or rehabilitation after illness or injury. Please contact the Studio for details.

Prenatal: Our Prenatal Dynamic Pilates class is a specifically designed, safe pregnancy workout for women in their 2nd and 3rd trimester. Women in their 1st trimester are welcome in our Beginners classes, but please consult with a TenPilates trainer before booking.

Classes and trainers are subject to change so please check our website for updates. If you have not booked into a class, in order to avoid disappointment, please call to check that the classes are taking place.