

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.

	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	Advanced	Intermediate	Intermediate	Intermediate	Intermediate
10.00am - 11.00am	Intermediate	Advanced	Beginners	PreNatal	Intermediate	Cardiolates	Beginners	Advanced	Intermediate	Cardiolates	Beginners	Beginners	Beginners	Beginners
11.00am - 12.00am	Beginners		Intermediate	Beginners L1	Beginners		Intermediate		Beginners		Intermediate	Intermediate	Intermediate	Beginners
12.00pm - 1.00pm	Intermediate		Beginners		Intermediate	Spinal Mobility	Beginners		Intermediate		Beginners	Advanced	Intermediate	Cardiolates
1.00pm - 2.00pm	Beginners	Cardiolates		Spinal Mobility	Intermediate	Beginners L1		Cardiolates	Cardiolates			Cardiolates	Beginners	
2.00pm - 3.00pm	Intermediate		Beginners		Beginners		Intermediate	PreNatal			Beginners			PreNatal
3.00pm - 4.00pm												Spinal Mobility		
4.00pm - 5.00pm											Intermediate			
5.00pm - 6.00pm	Intermediate		Beginners		Intermediate		Beginners		Beginners					
6.00pm - 7.00pm	Beginners	PreNatal	Intermediate	Beginners	Beginners	Cardiolates	Intermediate	Beginners L1	Intermediate					
7.00pm - 8.00pm	Intermediate	Spinal Mobility	Beginners	Cardiolates	Intermediate		Beginners							
8.00pm - 9.00pm	Beginners		Intermediate		Beginners	Advanced	Intermediate							

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

**Beginners L1:** An introduction to the Reformer. This four week introductory course allows you to familiarise yourself with the Reformer, the exercises and the techniques used in our Classes.

**Advanced:** An intense and demanding class, designed to push even experienced TenPilates die-hards to new levels. You'll need a Trainer's approval to participate.

**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.

**Spinal Mobility:** This class is an opportunity to restore a more natural range of movement to your spine, and unload some of the strain that today's sedentary lifestyles place on it. Ideal for Clients with back issues.

**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.

**Dynamic Mat Pilates (By arrangement only):** Ideal for focusing on technique and learning to activate core muscles effectively. Floor-based, so it's also ideal for anyone with back problems or poor muscular strength. It will also provide a dynamic full body workout. Requires a minimum of 3 people.