

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

**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.

**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.

**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.

**TenSpin:** The ultimate, high intensity Spin workout. A 45min spin session followed by a 10min stretch on the Reformer.

**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.

**Personal Training:** For an individual and totally personalised approach to your training, or as an induction to the TenPilates workout call 020 7495 8642. Timings subject to trainer availability.