

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am - 8.00am	Intermediate	Beginners	Intermediate	Beginners	Intermediate		
8.00am - 9.00am	Beginners	Intermediate	Beginners	Intermediate	Beginners		
9.00am - 10.00am	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate
10.00am - 11.00am	Beginners	Beginners	Beginners	Beginners	Beginners	Beginners	Beginners
11.00am - 12.00am	Beginners	Intermediate	Beginners	Intermediate	Beginners	Intermediate	Intermediate
12.00pm - 1.00pm	Intermediate	Beginners	Intermediate	Beginners	Intermediate	Beginners	Beginners
1.00pm - 2.00pm	Beginners	Intermediate	Beginners	Intermediate	Beginners	Intermediate	Intermediate
2.00pm - 3.00pm	Intermediate	Beginners	Intermediate	Beginners	Beginners		
3.00pm - 4.00pm				Beginners	Intermediate		
4.00pm - 5.00pm	Intermediate	Beginners	Intermediate				
5.00pm - 6.00pm	Beginners	Intermediate	Beginners	Intermediate	Intermediate		
6.00pm - 7.00pm	Intermediate	Beginners	Intermediate	Beginners	Beginners		
7.00pm - 8.00pm	Intermediate	Beginners	Intermediate	Intermediate	Intermediate		
8.00pm - 9.00pm	Beginners	Intermediate	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.

**Personal Training:** For an individual and totally personalised approach to your training, or as an induction to the TenPilates workout call 020 7629 4395. Timings subject to trainer availability.

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.