

	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	TenSpin	Intermediate			Cardiolates	Intermediate		Intermediate					
8.00am - 9.00am	Intermediate		Intermediate		Intermediate		Intermediate	Cardiolates	Intermediate		Intermediate		Intermediate	
9.00am - 10.00am	Advanced	Intermediate	Advanced	TenSpin	Intermediate	Beginners	Advanced	Intermediate	Intermediate	Cardiolates	Intermediate	Intermediate	Intermediate	Beginners
10.00am - 11.00am	Intermediate	Cardiolates	Beginners	Cardio	Intermediate	TenSpin	Intermediate	Beginners	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate
11.00am - 12.00am	Intermediate		Intermediate		Intermediate			TenSpin	Beginners		Intermediate	Intermediate	Beginners	Cardiolates
12.00pm - 1.00pm	Beginners		Beginners		Beginners		Beginners		Intermediate		Beginners	Cardiolates	Intermediate	
1.00pm - 2.00pm	Intermediate		Intermediate		Intermediate		Intermediate		Intermediate		Intermediate		Intermediate	
2.00pm - 3.00pm	Intermediate											TenSpin	Beginners	
3.00pm - 4.00pm											Intermediate			
4.00pm - 5.00pm									Beginners		Beginners			
5.00pm - 6.00pm	Intermediate		Intermediate	Beginners	Intermediate		Intermediate		Intermediate					
6.00pm - 7.00pm	Intermediate	Beginners	Intermediate	Beginners	Intermediate	Beginners	Beginners	Cardiolates	Intermediate					
7.00pm - 8.00pm	Intermediate	Beginners	Advanced	Cardiolates	Intermediate	Beginners	Intermediate		Intermediate					
8.00pm - 9.00pm	Intermediate		Intermediate	Men Only	Intermediate	Cardiolates	Beginners							

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-hard's to new levels. You'll need a Trainer's approval to participate.

Cardio Class: An intense, fun, intermediate-level class with a greater emphasis on aerobic exercise, performed on and off the reformer. If in doubt ask the trainer.

Men Only: An intermediate level class dedicated to men.

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

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.

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

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.