

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		Advanced	Cardiolates	Intermediate		Intermediate					
8.00am - 9.00am	Intermediate		Intermediate		Intermediate		Intermediate	Cardiolates	Intermediate	Intermediate	Intermediate			
9.00am - 10.00am	Advanced	Intermediate	Intermediate	TenSpin	Advanced	Intermediate	Advanced	Intermediate	Advanced	Cardiolates	Advanced	Intermediate	Intermediate	
10.00am - 11.00am	Intermediate	Cardiolates	Advanced	Beginners	Intermediate	Beginners	Intermediate	Beginners	Intermediate	Intermediate	Intermediate	Advanced	Intermediate	Intermediate
11.00am - 12.00am	Intermediate		Intermediate	Advanced	Intermediate	Beginners	Intermediate	Advanced	Beginners		Intermediate	Intermediate	Beginners	Cardiolates
12.00pm - 1.00pm	Beginners		Beginners	PreNatal	Beginners		Beginners		Intermediate		Beginners	Cardiolates	Advanced	
1.00pm - 2.00pm	Intermediate		Intermediate		Intermediate		Intermediate	PreNatal			Intermediate		Intermediate	Beginners
2.00pm - 3.00pm	Intermediate				Intermediate		Intermediate		Intermediate		Advanced		Intermediate	
3.00pm - 4.00pm											Intermediate			Cardiolates
4.00pm - 5.00pm									Beginners		Beginners			
5.00pm - 6.00pm	Intermediate		Intermediate		Intermediate		Intermediate		Intermediate					
6.00pm - 7.00pm	Intermediate	PreNatal	Intermediate	Beginners	Intermediate	PreNatal	Intermediate	Beginners	Beginners					
7.00pm - 8.00pm	Intermediate	Beginners	Advanced	Cardiolates	Intermediate	Beginners	Advanced	Intermediate	Intermediate					
8.00pm - 9.00pm	Intermediate	Cardiolates	Intermediate	Beginners	Intermediate	Advanced	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-hards to new levels. You'll need a Trainer's approval to participate.

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

Men Only: An Intermediate level class designed specifically for the male physique.

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

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.

Personal Training: An individual and totally personalised approach to your training. Work with your Trainer to help you define and achieve your body's optimal shape and performance. Timing subject to Trainer availability. Call 020 8969 9677.

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 3	Studio 3	Studio 3	Studio 3	Studio 3	Studio 3	Studio 3
7.00am - 8.00am							
8.00am - 9.00am							
9.00am - 10.00am							
10.00am - 11.00am	PreNatal					PreNatal	
11.00am - 12.00am	Beginners L1				Spinal Mobility	PreNatal	
12.00pm - 1.00pm							
1.00pm - 2.00pm							
2.00pm - 3.00pm							
3.00pm - 4.00pm							
4.00pm - 5.00pm							
5.00pm - 6.00pm							
6.00pm - 7.00pm	Beginners	Beginners L1					
7.00pm - 8.00pm	Spinal Mobility	Spinal Mobility					
8.00pm - 9.00pm	Advanced						

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

Beginners L1: A gentler introduction to the TenPilates workout. This 4 week introductory course allows you to familiarise yourself with the Reformer, the exercises and the techniques.

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.

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.

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: An individual and totally personalised approach to your training. Work with your Trainer to help you define and achieve your body's optimal shape and performance. Timing subject to Trainer availability. Call 020 8969 9677.