

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
7.00am - 8.00am	Intermediate	Beginners	Intermediate	Beginners	Intermediate		
8.00am - 9.00am	Advanced	Intermediate	Beginners	Advanced	Beginners		
9.00am - 10.00am	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate	Beginners	Beginners
10.00am - 11.00am	Beginners	Beginners	Intermediate	Beginners	Intermediate	Intermediate	Intermediate
11.00am - 12.00am	Spinal Mobility	Intermediate	Beginners	Intermediate	Beginners	Beginners	Intermediate
12.00pm - 1.00pm	Intermediate	Beginners	Intermediate	Beginners	Beginners	Intermediate	Advanced
1.00pm - 2.00pm	Beginners	Advanced	Beginners	Intermediate	Intermediate	Intermediate	Beginners
2.00pm - 3.00pm	Intermediate	Intermediate	Beginners	Beginners	Intermediate		
3.00pm - 4.00pm	Intermediate						
4.00pm - 5.00pm							
5.15pm - 6.15pm	Beginners	Intermediate	Beginners	Intermediate	Beginners		
6.15pm - 7.15pm	Advanced	Beginners	Advanced	Beginners	Intermediate		
7.15pm - 8.15pm	Intermediate	Beginners	Intermediate	Beginners	Intermediate		
8.15pm - 9.15pm	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.

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: For an individual and totally personalised approach to your training, or as an induction to the TenPilates workout call 020 7930 4442. Timings subject to trainer availability.