

STUDIO 1to3 – PILATES REFORMER TIMETABLE – JAN 2010

BodyWorksWest
AT LAMBTON PLACE

MONDAY

Time	Class	Instructor	Studio	Level
10.00 - 11.00	PILATES REFORMER	Lucy Slater	*1 to 3	General
11.00 - 12.00	PILATES REFORMER	Lucy Slater	*1 to 3	General
12.30 - 13.30	PILATES REFORMER	Anne Marie	*1 to 3	General
19.00 - 20.00	PILATES REFORMER	Lucy Slater	*1 to 3	General

TUESDAY

Time	Class	Instructor	Studio	Level
09.00 - 10.00	PILATES REFORMER	Daniel	*1 to 3	Flow
10.00 - 11.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
18.00 - 19.00	PILATES REFORMER	Daniel	*1 to 3	Flow
19.00 - 20.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
20.00 - 21.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic

WEDNESDAY

Time	Class	Instructor	Studio	Level
10.00 - 11.00	PILATES REFORMER	Anne Marie	*1 to 3	General
18.30 - 19.30	PILATES REFORMER	Anne Marie	*1 to 3	General

THURSDAY

Time	Class	Instructor	Studio	Level
08.00 - 09.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
10.00 - 11.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
11.00 - 12.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
17.00 - 18.00	PILATES REFORMER	Daniel	*1 to 3	Flow
19.00 - 20.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic

FRIDAY

Time	Class	Instructor	Studio	Level
09.30 - 10.30	PILATES REFORMER	Michelle	*1 to 3	General
10.30 - 11.30	PILATES REFORMER	Michelle	*1 to 3	General

SATURDAY

Time	Class	Instructor	Studio	Level
09.00 - 10.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
10.00 - 11.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
12.00 - 13.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
16.00 - 17.00	PILATES REFORMER	Daniel	*1 to 3	Flow

SUNDAY

Time	Class	Instructor	Studio	Level
10.00 - 11.00	PILATES REFORMER	Michelle	*1 to 3	General
11.00 - 12.00	PILATES REFORMER	Michelle	*1 to 3	General

PILATES REFORMER CLASSES FEE

Sessions held in Studio 1to3 can be booked at reception.

FEE £20/hr or £180/10 sessions

Please note that we require 24 hours prior to the appointment to reschedule or cancel, otherwise a full charge will be incurred.

BWW

PILATES REFORMER SESSIONS

CHRISTMAS 2009

TUESDAY 22nd December9am/10am/6pm/7pm with DANIEL

THURSDAY 24th December ...8am/10am with DANIEL

TUESDAY 29th December9am/10am/6pm/7pm with DANIEL

THURSDAY 31st December8am/10am with DANIEL

SATURDAY 2nd January10am/12pm/4pm with DANIEL

Remember to ask at reception for opening times over Christmas!