



Pilates Timetable 2019



Your Pilates Space

Unit 6, 90 Berry Lane, Longridge. PR3 3WH

Specialist 1-2-1's/Duets, Small Group Apparatus & Mat Pilates

Monday

10.00am Open Studio Apparatus	11.00am Beginners Studio Apparatus	12.00pm Private 121 / Duet Apparatus	5.00pm Private 121 / Duet Apparatus	6.00pm Female Fat Loss Apparatus	6.50pm Spine Safe Apparatus	7.40pm Private 121 / Duet Apparatus
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Tuesday

3.00pm Private 121 / Duet Apparatus	4.00pm Private 121 / Duet Apparatus	5.00pm Female Fat Los Apparatus
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Wednesday

9.30am Private 121 / Duet Apparatus	10.30am Studio Strength Apparatus	11.30am Open Studio Apparatus	5.00pm Private 121 / Duet Apparatus	6.30pm Small Group Mat	7.35pm Small Group Mat
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Thursday

3.00pm Private 121 / Duet Apparatus	4.00pm Private 121 / Duet Apparatus	5.25pm Small Group Mat	6.30pm Spine Safe Mat	7.35pm Small Group Mat
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Friday

9.30am Open Studio Apparatus	10.30am Spine Safe Mat	3.00pm Private 121 / Duet Apparatus	4.00pm Open Studio Apparatus	5.00pm Private 121 / Duet Apparatus	6.00pm Private 121 / Duet Apparatus
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Cath has been teaching Pilates Mat since 2001 and Apparatus from 2007.

All classes taught by Studio Director Cath Hopkinson.

Cath 0794 1012305 www.yourpilatesspace.co.uk