



New Year Timetable 2025



	Class	Time	Delivery	Length
Tuesday	Beginner's	17.15	STUDIO	55 Mins
	Mixed Ability	18.30	STUDIO	55 Mins
	Pilates Intermediate Mix	19.35	STUDIO	55 Mins
Wednesday	Mixed Ability	17.20	STUDIO	55 Mins
	Gentle Pilates	18.30	STUDIO	55 Mins
	Intermediate	19.35	STUDIO	55 Mins
Thursday	Advanced	18.00	ZOOM	1 Hour
Friday	Mixed Ability	9.30	STUDIO	55 Mins
	Intermediate	10.40	STUDIO	55 Mins
Saturday	Mixed Ability	8.30	STUDIO	55 Mins
	Intermediate	9.35	STUDIO	55 Mins
	BARRE Pilates	10.45	STUDIO	55 Mins



Winter Timetable 2025



Class Descriptions:

Beginner's Pilates:

This block of classes introduces the basic principles of Pilates, looking in detail at the standard mat exercises with focus on technique, alignment, the breath, and precision of movement. This is an ideal class for those who are new to Pilates or who would like to revisit the basic exercises.

Gentle Pilates:

This class is intended for clients who have not done Pilates for a while or for those clients who want a gentler paced class, focussing on technique and precision of movement.

Mixed Ability:

The class is intended for clients, who have some experience of Pilates but who want to move at a slightly slower pace in order to focus on technique and progression. This class, as the name suggests, is targeted at clients at different levels of progression and the teacher will always offer different progressions for an exercise to align with everyone's ability. Various small equipment will be used to add resistance or assistance to the exercises.

Intermediate:

This next level class is intended for those clients with a few years Pilates experience. This is a faster flowing class, looking at the Intermediate Pilates repertoire focussed on improving stamina and strength. Again, various Pilates props will be added to add resistance and increase the challenge of various exercises.

BARRE Pilates:

A dynamic class which combines the core strength, control and precision of Pilates with the positions, moves and technique of ballet. This class sculpts the muscles whilst burning fat, improving balance, strength, and stamina. Each class also incorporates a warm up, and a stretching element giving a great, full body workout.



Winter Timetable 2025



Class Descriptions:

Intermediate Mixed:

This class is targeted at clients who have some Pilates experience who want to add further challenge to their mat work. These classes use some of the larger Pilates equipment and also incorporate some of the Classical Pilates Repertoire:

The gym ball: a great piece of versatile equipment using the instability of the ball to work the deep stabilising muscles by challenging the body's balance and control. You will feel the core working that little bit harder! The Ball is also great to help with alignment and plus, working from its raised surface, changes the range of movement in many standard mat exercises increasing the challenge on joint mobility.

The Arc Barrel: The Pilates Arc Barrel is a versatile piece of equipment offering increased challenge for some mat exercises whilst providing valuable support for others. The unique shape of the Arc Barrel allows for targeted engagement of the core muscles helping to strengthen the abdominals, obliques and back. This Pilates class will help you lengthen, strengthen and improve overall posture whilst challenging stability and balance.

Classical Flow Pilates: works through the original classical repertoire of Joseph Pilates. The repertoire consists of 34 exercises which make for a dynamic, choreographed class, flowing from one exercise to the next.