

Today's Healthcare www.todays-healthcare.co.uk

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All Pilates classes are 1 hour in length:

Induction classes

Introduction classes to Pilates lessons are held 1 instructor to 1 person.

Private classes

Private classes are held 1 instructor to 1 person and are tailor made to your requirements.

Group Classes

Small group classes are held 1 instructor to up to a maximum of 3 persons.

Session Times

Monday: 5pm - 6pm 6pm - 7pm 7pm - 8pm

Tuesday: 10.30am - 11.30am 11.30am - 12.30pm 6pm - 7pm 7pm - 8pm

Wednesday: 4pm - 5pm 5pm - 6pm 6pm - 7pm 7pm - 8pm

Thursday: 9am - 10am 10am - 11am

Friday: 10.30am - 11.30am 11.30am - 12.30pm

Appointments

Clients are seen by appointment only. Please call to book your session time.

Session Times