

Class Timetable from July – September 2021

(All classes last for 1 hour and are held at the Move With Pilates Studio in Southwell.

Matwork classes available online simultaneously)

For online access (matwork only): <https://whereby.com/move-with-pilates>. Or download the Whereby app. When you join you will be asked for your name so just type in your first name, and then you will be asked to enable your camera and browser, then press 'knock', I can then see who you are and let you in.

Monday		Comments	
10 – 11 am	Matwork	Intermediate/advanced	Available online
11.30 – 12.30 pm	Matwork	Beginner/intermediate	Available online
2.30 – 3.30 pm	Group reformer	Mixed ability	
4.00 – 5.00 pm	Group reformer	Mixed ability	
5.30 – 6.30 pm	Group reformer	Mixed ability	

Tuesday			
7.00 – 8.00 pm	Matwork	Mixed ability	Available online

Wednesday			
10.00 – 11.00 am	Group reformer	Beginner/intermediate	
11.30 – 12.30 pm	Group reformer	Beginner/intermediate	

Thursday			
11.00 – 12.00 pm	Group reformer	Mixed ability	Term-time only
6.00 – 7.00 pm	Matwork	Beginners/back care	Available online
7.15 – 8.15 pm	Matwork	Intermediate/advanced	Available online