

# Timetable from May 2018

For more info & to book classes:  
[www.headingleypilates.co.uk](http://www.headingleypilates.co.uk)

email: [headingleypilates@gmail.com](mailto:headingleypilates@gmail.com)

tel: 07989329042

Time	Mon	Tue	Wed	Thu	Fri	Sat
9:00 AM						Pilates Mat with Oov
9:30 AM	Gym		Pilates Mat with Oov	Pilates Mat	Somatics	
10:00 AM						Reformer
10:30 AM	Available for 121	Somatics	Available for 121	Reformer		
11:00 AM						
11:30 AM	Reformer	Gym	Reformer	Gym	Available for 121	
12:00 PM						
12:30 PM					Reformer	
1:00 PM	Franklin Method & Studio Equip	Available for 121	Post-natal 12.45-1.45	Available for 121		
1:30 PM						
2:00 PM	Available for 121		Available for 121		Available for 121	
2:30 PM						
3:00 PM	Gym	Somatics		Gym		
3:30 PM						
4:00 PM	Available for 121			Available for 121		
4:30 PM						
5:00 PM						
5:30 PM		Pre-natal				
6:00 PM						
6:30 PM		Reformer & Studio Equipment		3:1 Studio Class		
7:00 PM			Pilates Mat/Oov Improver	3:1 Studio Class		
7:30 PM		Gym	Pilates Mat/Oov Beginner			
8:00 PM				Reformer		
8:30 PM		Reformer				
9:00 PM						

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2:30 PM						
3:00 PM	Gym	Somatics		Gym		
3:30 PM						
4:00 PM	Available for 121			Available for 121		
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