

## Pilates Classes

<u>Day</u>	<u>Time</u>	<u>Teacher</u>	<u>Class Level</u>
Mondays	9.30 am – 10.30 am	Debbie Beadle	Level 2
Mondays	10.40 am – 11.40 am	Debbie Beadle	Foundation/level1
Mondays	6.00 pm – 7.00 pm	Laura Donoghue	Intermediate
Mondays	7.00 pm – 8.00 pm	Laura Donoghue	Beginners
Tuesdays	9.45am – 10.45 am	Laura Donoghue	Beginners
Tuesdays	11.00 am – 12.00 am	Laura Donoghue	Beginners
Tuesdays	12.45 pm – 1.45 pm	Matt Aldrich	Beginners
Tuesdays	1.45 pm – 2.45 pm	Matt Aldrich	Intermediate
Tuesdays	6.00 pm – 7.00 pm	Eden Summers	Intermediate
Tuesdays	7.00 pm – 8.00 pm	Eden Summers	Men's Class
Wednesdays	11.00 am – 12.00 pm	Eden Summers	Advanced
Wednesdays	12.15 pm – 1.15 pm	Eden Summers	Beginners
Wednesdays	6.30 pm – 7.30 pm	Eden Summers	Beginners
Wednesdays	7.30 pm – 8.30 pm	Eden Summers	Men's Class
Thursdays	9.45 am – 10.45 am	Zoe Hart	Beginners
Thursdays	11.00 am – 12.00 pm	Zoe Hart	Beginners
Thursdays	6.00 pm- 7.00 pm	Matt Aldrich	Beginners
Thursdays	7.00 pm – 8.00 pm	Matt Aldrich	Intermediate
Fridays	9.30 am – 10.30 am	Zoe Hart	Beginners
Fridays	12.30 am – 1.30 am	Moira Clark	Antenatal
Saturdays	9.20 am – 10.20 am	Eden Summers	Intermediate
Saturdays	10.30 am – 11.30 am	Eden Summers	Beginners