

NATURAL BALANCE PILATES TIMETABLE TEL: 01706 828 828

Day	Time	Teachers	Price	Book
Monday				
Pilates mat class L1	9.15 – 10.15am	Joanna Collins	£36/mo	yes
Mature Bodies Pilates mat class	10:15 - 11:15am	Sam Ridings	£36/mo	yes
Postnatal Yoga (block of 4 £24)	1:30-2:45pm	Sara Lucarelli	£7	yes
Barre Pilates	5:00 – 5:55pm	Nicola Hartley	£9	no
Pilates mat class L2	6:00 - 7:00pm	Amanda Heath	£36/mo	yes
Pilates mat class L3	7:15 - 8.15pm	Amanda Heath	£36/mo	yes
Men-Only Pilates class	8:30 - 9:30pm	Sam Ridings	£10	no
Tuesday				
Hatha Yoga Therapy	10:15 - 11:45am	Olivia Rigby	£8	no
Pilates mat class L2/3	6:00 - 7:00pm	Sam Ridings	£36/mo	yes
Hatha Yoga Therapy	7:00 - 8:30pm	Olivia Rigby	£8	no
Wednesday				
Pilates mat class L2/3	10:00 – 11:00am	Amanda Heath	£36/mo	yes
Pilates mat class L1	11:15 – 12:15am	Amanda Heath	£36/mo	yes
Pilates mat class L2/3	6:00 – 7:00pm	Amanda Heath	£36/mo	yes
Pilates mat class L3	7:15 – 8:15 pm	Amanda Heath	£36/mo	yes
Vinyasa Flow Yoga	8:30 – 9:30 pm	Sara Lucarrelli	£7	no
Thursday				
Pilates mat class L2/3	10:00 – 11:00am	Nicole Richards	£36/mo	yes
Pilates mat class L1/2	11:45am – 12:45pm	Nicole Richards	£36/mo	yes
Vinyasa Flow Yoga	5:45pm – 6.55pm	Chloe Gore	£7	no
Hatha Yoga Therapy	7:00 – 8:30pm	Olivia Rigby	£8	no
Friday				
Small equipment session	10:00 – 11:00am	Sam Ridings	£15	yes
Small equipment session	11:00 – 12:00pm	Sam Ridings	£15	yes
Pilates mat class L2	10:30 – 11:30am	Amanda Heath	£36/mo	yes
Pilates mat class – Back Care	11:30am – 12:30pm	Amanda Heath	£36/mo	yes
Pregnancy Yoga (block of 4 £24)	3:30-4:45pm	Sara Lucarelli	£7	yes
Saturday				
Pilates mat class L1/2	8:00 – 9:00am	Sam Ridings	£36/mo	yes
Pilates mat class L2	9:00 – 10:00am	Sam Ridings	£36/mo	yes
Pilates mat class L3	10:00 – 11:00am	Sam Ridings	£36/mo	yes
Pilates mat class Beginners L1	11:00am-12:00pm	Sam Ridings	£36/mo	yes
Sunday				
Pilates mat class L2	9:00 – 10:00am	Joanna Collins	£36/mo	yes
Pilates mat class L1	10:00 – 11:00am	Joanna Collins	£36/mo	yes

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