

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	Joanna Collins	£36/mo	yes
Small Equipment session	10:15 – 11:00am	Sam Ridings	£15	yes
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				
Pilates mat class L1	9:30 – 10:30am	Joanna Collins	£36/mo	yes
Small Equipment session	10:00 – 11:00am	Sam Ridings	£15	yes
Yin Yoga	11:00 - 12:00pm	Ceri Lea	£36/mo or £10 drop in	no
Pilates mat class L2/3	6:00 - 7:00pm	Sam Ridings	£36/mo	yes
Hatha Yoga	7:00 - 8:00pm	Caroline Obank	£36/ or £10 drop in	no
Wednesday				
Pilates mat class L2/3	10:00 – 11:00am	Amanda Heath	£36/mo	yes
Pilates mat class L1	11:15 – 12:15am	Anita McCarthy	£36/mo	yes
Pilates Back care & Post Natal	12:30 – 1:30pm	Anita McCarthy	£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
Thursday				
Pilates mat class L2/3	10:00 – 11:00am	Nicole Richards	£36/mo	yes
Pilates mat class L1/2	11:45 - 12:45pm	Nicole Richards	£36/mo	yes
Pilates mat class L1/2	5:45pm –6.55pm	Joanna Collins	£36/mo	yes
Pilates mat class L1/2	6:45pm– 7.45pm	Joanna Collins	£36/mo	yes
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	11:30– 12:30pm	Amanda Heath	£36/mo	yes
Saturday				
Pilates mat class L2	7:00 – 8:00am	Anita McCarthy	£36/mo	yes
Pilates mat class L1/2	8:00 – 9:00am	Anita McCarthy	£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
Core Vinyasa Flow Yoga	11:00 – 12:00pm	Caroline Obank	£36/mo or £10 drop in	no
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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