



**GREEN PILATES MOVEMENT STUDIO**

# Studio Timetable

## MONDAY

- 9.30 - 10.15am Pilates ALL
- 10.30 - 11.15am Chiball (\*CB)
- 11.30 - 12.15pm Chair Aerobics (\*CB)
- 2.00 - 2.45pm **Train to regain at Polly's Field (\*CB)**

## TUESDAY

- 9.30 - 10.15am Pilates ALL
- 10.30 - 11.15am Spirals (\*CB)
- 11.30 - 12.15pm Chair Pilates (\*CB)
- 1.00 - 1.45pm Tuesday Fitness
- 2.00 - 2.45pm Line Dancing

## WEDNESDAY

- 9.15 - 10.00am Dance Fit
- 10.15 - 11.00am Yoga
- 11.15 - 12.00pm Mid Week meditation (\*CB)
- 1.00 - 1.45pm Pilates All
- 2.00 - 2.45pm **Chair aerobics at Polly's Field (\*CB)**

## THURSDAY

- 9.30 - 10.15am Pilates ALL
- 10.30 - 11.15am Chiball (\*CB)
- 11.30 - 12.15pm Chair Pilates (\*CB)
- 1.00 - 1.45pm Ballet Barre Workout

## FRIDAY

- 9.30 - 10.15am Pilates ALL
- 10.30 - 11.15am Friday Fitness
- 11.30 - 12.15pm Restorative Pilates
- 12.30pm - 1.30pm **MS Chair Pilates**

(\*CB) indicates suitable for chair based clients  
Private and Duet Pilates Apparatus sessions  
available Monday to Friday

To book classes email  
info@greenpilates.org  
**FIRST CLASS FREE**

FOR MORE CLASS INFORMATION PLEASE VISIT  
**www.greenpilates.org**

Green Pilates Movement Studio, Silks Way, Braintree, Essex, CM7 3GB