

Monday		
9.30 – 10.30 AM	Advanced with Ellie	Greenwich Pilates Studio
12.45 – 1.45 PM	Mother & Baby Pilates with Ellie	Greenwich Pilates Studio
2.00 – 3.00 PM	Mother & Baby Pilates with Ellie	Greenwich Pilates Studio
6.00 – 7.00 PM	Post work stretch with Ruth	Greenwich Pilates Studio
7.15 – 8.15 PM	All levels with Ellie	The 10 Centre
7.15 – 8.15 PM	Flexible Strength with Joanna	The 10 Centre
7.15 – 8.15 PM	Improvers with Ruth	Greenwich Pilates Studio
8.30 – 9.30 PM	Beginners with Joanna	The 10 Centre
8.30 – 9.30 PM	Advanced with Ellie	The 10 Centre
8.30 – 9.30 PM	Intermediate Dynamic Pilates with Ruth	Greenwich Pilates Studio
Tuesday		
10.15 – 11.15 AM	Running Mummies with Ellie	Greenwich Park – Bandstand
6.25 – 7.30 PM	Pregnancy Pilates with Helen	Greenwich Pilates Studio
7.45 – 8.45 PM	Rehabilitation Pilates with Helen	Greenwich Pilates Studio
Wednesday		
7.00 – 8.00 AM	Early Morning Session with Ruth	Greenwich Pilates Studio
9.20 – 10.20 AM	Flexible Strength with Ellie	Greenwich Pilates Studio
11.30 AM – 12.30 PM	Mother & Baby Pilates with Ellie	Greenwich Pilates Studio
12.45 – 1.45 PM	Mother & Baby Pilates with Ellie	Greenwich Pilates Studio
7.15 – 8.15 PM	Improvers with Ellie	Greenwich Pilates Studio
8.30 – 9.30 PM	Intermediate with Ellie	Greenwich Pilates Studio
Thursday		
9.30 – 10.30 AM	Intermediate with Ellie	Greenwich Pilates Studio
10.40 – 11.40 AM	Flexible Strength with Ellie	Greenwich Pilates Studio
1.00 – 2.05 PM	Pregnancy Pilates with Ellie	Greenwich Pilates Studio
2.15 – 3.15 PM	Mother & Baby Pilates with Ellie	Greenwich Pilates Studio
7.15 – 8.15 PM	Beginners with Joanna	The 10 Centre
7.15 – 8.15 PM	Improvers – Total toning – with Ruth	Greenwich Pilates Studio
8.30 – 9.30 PM	Core Pilates with Ruth	Greenwich Pilates Studio
Friday		
Saturday		
10.00 – 11.00 AM	All levels with Ellie	Greenwich Pilates Studio
11.15 AM – 12.20 PM	Pregnancy Pilates with Ellie	Greenwich Pilates Studio