

DATE & TIME	CLASS TYPE & LEVEL	LOCATION
Monday		
15:00 - 16:00	Pilates level 1+ to 2+	Ann Chester's Studio, S11
18:00 - 19:00	Pilates 1+ to 2	Ann Chester's Studio, S11
19:10 - 20:10	Pilates Level 2 to 2+	Ann Chester's Studio, S11
Tuesday		
07:45 - 08:45	Pilates Level 3	Zoom
12:00 - 13:00	Stretch + Pilates	Zoom
13:15 - 14:15	Pilates Level 1+ to 2	Zoom
Wednesday		
09:10 - 10:10	Pilates Level 2 to 2+	Dore & Totley URC, S17
10:20 - 11:20	Pilates Level 1+ to 2	Dore & Totley URC, S17
14:00 - 15:00	Pilates Level 1+ to 2	Ann Chester's Studio, S11
Thursday		
09:00 - 10:00	Pilates - Level 2 to 2+	Zoom