

Clarence House Pilates Classes

Monday	Hannah	9.30am - 10.30am	Matwork - Mixed Ability
	Zelah	12.00noon - 1.15pm	Matwork - Mixed Ability
	Kelly	4.00pm – 5.00pm	Matwork - Beginners
	Kelly	5.15pm – 6.15pm	Matwork - Mixed Ability
Tuesday	Hannah	12.00noon - 1.00pm	Matwork - Mixed Ability
	Hannah	5.45pm - 6.45pm	Matwork - Intermediate
Wednesday	Kelly	5.30pm – 6.30pm	Matwork - Mixed Ability
Thursday	Zelah	3.00pm - 4.15pm	Matwork - Mixed Ability
	Zelah	5.45pm - 7.00pm	Studio Equipment – Advanced Please contact Zelah regarding this class
Friday	Zelah	2.00pm - 3.00pm	Matwork - Beginners
	Hannah	6.00pm - 7.00pm	Matwork - Mixed Ability
Note:	<p>Classes are usually run in blocks, so please check availability with individual teachers before attending</p> <p>All classes are matwork, except Thursdays at 5.45pm, which is a Studio Equipment class. It is essential to contact Zelah before attending this class</p>		

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