

Clarence House Pilates Classes

Monday	Hannah	9.30am - 10.30am	Matwork - Mixed Ability
	Zelah	12.00noon - 1.15pm* * No classes through August. Resumes 10 September	Matwork - Mixed Ability
	Kelly	4.30pm – 5.30pm	Matwork – Beginners / Improvers
	Kelly	5.45pm – 6.45pm	Matwork - Intermediate
Tuesday	Hannah	12.00noon - 1.00pm	Matwork - Mixed Ability
	Hannah	5.45pm - 6.45pm	Matwork - Intermediate
	Hannah	7.00pm – 8.00pm	Matwork - Mixed Ability
Wednesday	Kelly	5.45pm – 6.45pm	Matwork - Mixed Ability
	Kelly	7.00pm – 8.00pm	Matwork - Beginners
Thursday	Zelah	3.00pm - 4.15pm* * No classes through August. Resumes 13 September	Matwork - Mixed Ability
	Zelah	5.45pm - 7.00pm* * No classes through August. Resumes 13 September	Studio Equipment – Advanced Please contact Zelah regarding this class
Friday	Zelah	2.00pm - 3.00pm* * No classes through August. Resumes 14 September	Matwork - Beginners
Note:	Classes are usually run in blocks, so please check availability with individual teachers before attending 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		

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