

# Clarence House Pilates Classes

Monday	Hannah	9.15am - 10.15am	Matwork - Mixed Ability
	Hannah	10.30am - 11.30am	Matwork - Mixed Ability
	Zelah	12.00noon - 1.15pm	Matwork - Mixed Ability
	Kelly	4.30pm – 5.30pm	Matwork – Beginners / Improvers
	Kelly	5.45pm – 6.45pm	Matwork - Mixed Ability
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	Jane	11.30am – 12.30pm <i>*New Class - Starts 8 January 2020*</i>	Matwork - Beginners
	Kelly	5.45pm – 6.45pm	Matwork - Improvers
	Kelly	7.00pm – 8.00pm	Matwork - Beginners
Thursday	Zelah	3.00pm - 4.15pm	Matwork - Mixed Ability
	Zelah	5.45pm - 7.00pm	Studio Equipment – Advanced Please contact Zelah regarding this class
Friday	Hannah	9.45am - 10.45am	Matwork - Beginners
<b>Note:</b>	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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