

THE PURE PILATES STUDIO TIMETABLE

22 Castle Street, Barnstaple, EX31 1DR

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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
A M	8am– 3pm STUDIO SESSIONS AND PRIVATE CONSULTATIONS		9am – 12pm PRIVATE CONSULTATIONS	12pm Matwork Mixed intermediate	9.30 – 10.30am Matwork (mixed Intermediate) 11am – 2pm STUDIO SESSIONS AND PRIVATE CONSULTATIONS		8am – 1pm STUDIO SESSIONS AND PRIVATE CONSULTATIONS	8am – 1pm STUDIO SESSIONS AND PRIVATE CONSULTATIONS	8am – 12pm STUDIO SESSIONS AND PRIVATE CONSULTATIONS
P M	<u>Studio</u> 5.15pm Matwork 6.30pm advanced matwork	<u>Torrington Function Fitness</u> 12.15 Matwork 1.30 Matwork <u>Bideford</u> 4.55pm Matwork 6pm Matwork 7pm Advanced Matwork	1.30pm – 8.30pm STUDIO SESSIONS AND PRIVATE CONSULTATIONS	<u>Torrington Function Fitness</u> 6.00pm- Matwork Matwork 7.00pm Intermediate Matwork	2pm –8pm STUDIO SESSIONS AND PRIVATE CONSULTATIONS	<u>Torrington Function Fitness</u> 1.30 Matwork Class 5.45pm Matwork 6.45pm Advanced Matwork	1pm – 7pm STUDIO SESSIONS AND PRIVATE CONSULTATIONS	1pm – 5pm PRIVATE CONSULTATIONS	DURATION Private Consultations:- 1 hour Studio sessions:- 1½ & 1 hours Matwork classes:- Max 12 people 1 hour

All studio sessions, Private consultations and matwork classes held in the Pure Pilates Studio unless otherwise stated.

BOOKING IS ESSENTIAL