

**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	8am – 12pm STUDIO SESSIONS AND PRIVATE CONSULTATIONS			
	P M	<p><i>Studio</i></p> <p>5-15pm Matwork</p> <p>6-30pm advanced matwork</p>	<p><i>Torrington Function Fitness</i></p> <p>12.15 Matwork 1.30 Matwork</p> <p><i>Bideford</i></p> <p>4-55pm Matwork 6pm Matwork</p> <p>7pm Advanced Matwork</p>	1.30pm – 8.30pm  STUDIO SESSIONS AND PRIVATE CONSULTATIONS	<p><i>Torrington Function Fitness</i></p> <p>6.00pm- Matwork Matwork</p> <p>7.00pm Intermediate Matwork</p>	2pm –8pm  STUDIO SESSIONS AND PRIVATE CONSULTATIONS	<p><i>Torrington Function Fitness</i></p> <p>1.30 Matwork Class</p> <p>5-45pm Matwork</p> <p>6.45pm Advanced Matwork</p>	1pm – 7pm  STUDIO SESSIONS AND PRIVATE CONSULTATIONS	<p><i>Bideford Kingsley School</i></p> <p>6pm Matwork</p> <p>7pm Advanced Matwork</p>	PRIVATE CONSULTATION S  1pm – 5pm	<p><i>Torrington Function Fitness</i></p> <p>1.30 Matwork</p> <p>2.30 Matwork</p>

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

**BOOKING IS ESSENTIAL**