

Table 1

COURSE LEVEL	DAY	TIME	PRICE PER CLASS - PASS RATE	PRICE PER CLASS - DROP-IN RATE	TEACHER	ROOM	
PILATES Advanced Mat	MON	09.30-10.25	£9.00	£13.00	Sarah Watkins	Zoom	
PILATES Beginner Reform	MON	10:00-10:50	£17.00	£21.00	Veronica Yeates	Reformer Studio	
PILATES Gentle Mat	MON	10.45-11.40	£9.00	£13.00	Sarah Watkins	In Studio	
PILATES Reformer Int	MON	11.00-11.50	£17.00	£21.00	Veronica Yeates	Reformer Studio	
PILATES Int Mat	MON	12.00-12.55	£9.00	£13.00	Veronica Yeates	Reformer Studio	
SMFR / YIN YOGA	MON	17.50-18.45	£9.00	£13.00	Veronica Yeates	In Studio	
PILATES Int Mat	MON	19.00-19.55	£9.00	£13.00	Veronica Yeates	In Studio	
PILATES Reformer Int	TUES	09.30-10.20	£17.00	£21.00	Pip Deave	Reformer Studio	
YOGA - Vinyasa	TUES	09.30 - 10.25	£9.00	£13.00	Veronica Yeates	In Studio	
PILATES Reformer Int	TUES	10.30-11.20	£17.00	£21.00	Veronica Yeates	Reformer Studio	
PILATES Int Mat	TUES	11.45 - 12.40	£9.00	£13.00	Amanda Smith	In Studio	
Healthy HIIT	TUES	17.30-18.00	£6.00	£7.00	Veronica Yeates	In Studio	
PILATES Reformer Int	TUES	17.30-18.20	£17.00	£21.00	Pip Deave / Janine David	Reformer Studio	
PILATES Advanced Mat	TUES	18.10 - 19.05	£9.00	£13.00	Veronica Yeates	In Studio	
PILATES Reformer Int	TUES	18.30-19.20	£17.00	£21.00	Pip Deave / Janine David	Reformer Studio	
PILATES Int Mat	TUES	19.30 - 20.25	£9.00	£13.00	Amanda Smith	In Studio	
PILATES Int Mat	WED	09.30-10.25	£9.00	£13.00	Veronica Yeates	In Studio	
PILATES Mat & SMFR	WED	10.35-11.30	£9.00	£13.00	Veronica Yeates	In Studio	
PILATES Beginners Mat	WED	11.45-12.40	£9.00	£13.00	Amanda Smith	In Studio	
PILATES Jumpboard Ref	WED	11.45 - 12.15	£9.00	£13.00	Veronica Yeates	Reformer Studio	
PILATES Int Mat	WED	17.10-18.05	£9.00	£13.00	Sarah Watkins	Zoom	
PILATES Int Mat	WED	18.00-18.55	£9.00	£13.00	Amanda Smith	In Studio	
PILATES Reformer Int	WED	18.15-19.05	£17.00	£21.00	Sarah Watkins	Reformer Studio	
PILATES Beginners Mat	WED	19.05 - 20.00	£9.00	£13.00	Amanda Smith	In Studio	
Healthy HIIT	THURS	08.30-09.00	£6.00	£7.00	Veronica Yeates	In Studio	
PILATES Reformer Int	THURS	9.15 - 10.05	£17.00	£21.00	Veronica Yeates	Reformer Studio	
PILATES Int Mat	THURS	9.15 - 10.10	£9.00	£13.00	Amanda Smith	In Studio	
PILATES Gentle & Beg Mat	THURS	09.30-10.25	£9.00	£13.00	Pip Deave	Zoom only	
YOGA - Hatha	THURS	10.15 - 11.10	£9.00	£13.00	Veronica Yeates	In Studio	
YOGA - Vinyasa	THURS	17.50-18.45	9	£13.00	Veronica Yeates	In Studio	Veronica Yeates
PILATES Reformer Adv	THURS	18.00 - 18.50	£17.00	£21.00	Pip Deave	Reformer Studio	
PILATES Beginner Reformer	THURS	19.00 - 19.50	£17.00	£21.00	Pip Deave	Reformer Studio	
PILATES Int/Adv Mat	THURS	19.00-19.55	£9.00	£13.00	Veronica Yeates	In Studio	
PILATES Reformer Adv	FRI	09.30-10.20	£17.00	£21.00	Veronica Yeates	Reformer Studio	
PILATES Beginner Reform	FRI	10.30-11.20	£17.00	£21.00	Janine David	Reformer Studio	
SMFR / YIN YOGA	FRI	10.30 - 11.25	£9.00	£13.00	Veronica Yeates	In Studio	
PILATES Beginner Reform	SUN	9.30 - 10.20	£17.00	£21.00	Meg Bourne	Reformer Studio	

