

# PILATES TIMETABLE

|                  |                |            |
|------------------|----------------|------------|
| <b>MONDAY</b>    | LIZA CAWTHORN  | 8am - 2pm  |
|                  | REBECCA BURTON | 2pm - 7pm  |
| <b>TUESDAY</b>   | MAIKA KLAUKIEN | 8am - 3pm  |
|                  | REBECCA BURTON | 3pm - 7pm  |
| <b>WEDNESDAY</b> | REBECCA BURTON | 8am - 11am |
|                  | MAIKA KLAUKIEN | 1pm - 7pm  |
| <b>THURSDAY</b>  | MAIKA KLAUKIEN | 8am - 1pm  |
|                  | LIZA CAWTHORN  | 1pm - 4pm  |
|                  | LYNNE GENTLE   | 4pm - 7pm  |
| <b>FRIDAY</b>    | LYNNE GENTLE   | 8am - 1pm  |
|                  | ATSUKO HOTATE  | 1pm - 5pm  |

| <b>PRICES</b><br>(Effective from 1st October 2011) |                               |                               |
|--|-------------------------------|-------------------------------|
| <b>Individual Class 1:1</b>                        | <b>NEW Couples 2:1</b>        | <b>Group Class 3:1</b>        |
| £75 per 1 hour session                             | £35 per 1 hour session        | £30 per 1 hour session        |
| £350 per block of 5 sessions                       | £165 per block of 5 sessions  | £140 per block of 5 sessions  |
| £670 per block of 10 sessions                      | £315 per block of 10 sessions | £270 per block of 10 sessions |

Please enquire at reception for more information

