

Timetable - October 2020

DAY	CLASS TYPE & LEVEL	Zoom or In Studio	LOCATION
MONDAY			
12:30 - 13:30	Pilates - Level 2-2+	In Studio	Ann Chester's Studio
13:45 - 14:45	Pilates - Level 1-2	In Studio	Ann Chester's Studio
TUESDAY			
07:45 - 08:45	Pilates - Level 3	Zoom	
09:00 - 10:00	Pilates - Level 1-2	Zoom	
13:00 - 14:00	Pilates + Stretch	Zoom	
14:15 - 15:15	Pilates - Level 2-2+	Zoom	
15:30 - 19:00	Private Clients	Zoom	
WEDNESDAY			
07:45 - 08:45	Private Clients	Zoom	
09:00 - 10:00	Private Clients	Zoom	
10:15 - 11:15	Pilates - Level 1-2	Zoom	
13:30 - 14:30	Pilates - Level 1-2	In Studio	Ann Chester's Studio
14:45 - 19:00	Private Clients	Zoom or In Studio	Zoom or Ann Chester's Studio
THURSDAY			
09:00 - 10:00	Pilates - Level 2-2+	Zoom	
11:00 - 18:00	Private Clients	Zoom or In Studio	Zoom or Ann Chester's Studio
FRIDAY			
08:00 onwards	Nordic Walking Sessions/ 1:1's & Groups		Contact me for details
LEVELS	1. Beginner/Gentle/Improver	2. Improver/ Intermediate	3. Intermediate/Advanced (more challenging)