

Daytime Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM		7:45-8:35am Mat Pilates with Tatjana		7:30-8:20am Group Reformer Intermediate with Ruth			
8AM	8-8:50am Group Reformer Open Level with Ruth		8-8:50am Semi-Private Reformer with Sophie	8:30-9:20am Group Reformer Beginner with Ruth	8:30-9:20am Semi-Private Reformer with Tatjana	8-8:50am Group Reformer Open Level with Adam	
9AM			9:30-10:20am Group Reformer Open Level with Sophie		9:30-10:20am Group Reformer Beginner with Tatjana	9-9:50am Group Reformer Intermediate with Adam	
10AM	10-10:50am Semi-Private Reformer with Ruth	10:30-11:20am Semi-Private Reformer with Tatjana	10:30-11:20am Gentle Group Reformer with Tracey	10:30-11:20am Semi-Private Reformer with Juliet	10:30-11am Introduction to Reformer with Tatjana	10-10:50am Group Reformer Beginner with Adam	
11AM				11:30-12:10pm Group Reformer Senior 65+		11-11:50am Group Reformer Beginner with Adam	
12PM	12:30-1:20pm Group Reformer Intermediate with Juliet		12:30-1:20pm Group Reformer Beginner with Tracey	12:30-1:20pm Group Reformer Beginner with Ruth	12:30-1:20pm Group Reformer Open Level with Tatjana	12-12:50pm Group Reformer Open Level with Adam	
1PM	1:30-2:20pm Group Reformer Open Level with Juliet	1-1:50pm Group Reformer Beginner with Ruth					
2PM					2:30-3:20pm Semi-Private Reformer with Ruth		

Notes:

- Group classes are shown in Light Gold
- Semi-Private classes are shown in Dark Gold
- Mat classes are shown in Pink

Interested In Our Classes? Book Now!

01256 770022 | studio@physicalbalance.com | www.physicalbalance.com

Evening Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4PM					4-4:50pm Group Reformer Intermediate with Ruth
5PM	5:15-6:05pm Group Reformer Intermediate with Ruth	5:15-6:05pm Group Reformer Beginner with Tracey	5:15-6:05pm Group Reformer Open Level with Tracey	5:15-6:05pm Group Reformer Open Level with Tatjana	5-5:50pm Group Reformer Open Level with Ruth
6PM	6:15-7:05pm Group Reformer Beginner with Ruth	6:15-7:05pm Group Reformer Open Level with Tracey	6:15-7:05pm Group Reformer Intermediate with Tracey		6-6:50pm Mat Pilates with Tatjana
				6:10-6:40pm 6:40-7:10pm Introduction to Reformer with Tatjana	
7PM	7:15-8:05pm Group Reformer Open Level with Ruth	7:15-8:05pm Mat Pilates with Tracey	7:15-8:05pm Group Reformer Beginner with Sophie	7:15-8:05pm Group Reformer Beginner with Tatjana	
			7:15-8:05pm Mat Pilates with Tracey	7:15-8:15pm Gentle Flow Hatha Yoga with Beth	
8PM	8:15-9:05pm Mat Pilates with Tatjana				

Notes:

- Semi-Private Reformer Sessions - up to 3 attendees.
- Group Reformer Classes - up to 8 attendees.
- Mat classes - up to 8 attendees (4 in Yoga classes).
- Private 1:1 sessions available to book Monday - Friday. Please contact us to arrange or discuss.

Book Now:

SCAN
ME! >>



Interested In Our Classes? Book Now!

01256 770022 | studio@physicalbalance.com | www.physicalbalance.com