

MONDAY	CLASS	LEVEL	STUDIO
9.30 - 10.30	Personal Training Slot		1
11.00 - 12.00	DYNAMIC PILATES	2/3/4	2
12.50 - 1.50	EASY PILATES	1/2	2
3.00 - 5.00	Personal Training Slots		
7.00 - 9.00 pm	Personal Training Slots		
TUESDAY			
8.00 - 9.00	Personal Training Slots		1
9.30-10.30	PILATES & STRETCH	ALL	1
3.00 - 5.00	Personal Training Slots		
WEDNESDAY			
8.30 - 5.00	Personal Training Slots		2
7.30 - 8.30 pm	DYNAMIC PILATES	2/3/4	2

[CLICK HERE TO BOOK YOUR CLASSES](#)

THURSDAY	CLASS	LEVEL	STUDIO
9.30 - 10.30	DYNAMIC PILATES	2/3/4	1
11.00 - 12.00	Personal Training Slot		2
12.50 - 1.50	EASY PILATES	1/2	2
3.00 - 9.00 pm	Personal Training Slots		
FRIDAY			
9.30 - 10.30	DYNAMIC PILATES	2/3/4	1
11.00 - 2.00 pm	Personal Training Slots		
SATURDAY			
9.00 - 10.00	BARRE PILATES	2/3/4	3
10.30 - 12.30	Personal Training Slots		

[CLICK HERE TO BOOK YOUR CLASSES](#)

Studio Locations

STUDIO 1: St PAULS CHURCH
ISIS ROOM
GROVE PARK - W4 3SD

STUDIO 2: CHISWICK TENNIS CLUB
W4 3EU

STUDIO 3: THE HOGARTH CENTRE
W4 2JR - THE DOJO

PERSONAL TRAINING:
WEST 4 GYM - GENERAL FITNESS
STUDIO 2 - ONE TO ONE PILATES

[DOWNLOAD TIMETABLE](#)

Term Class Packs

Reduce your class prices!

PAY AS YOU GO

£17 per class

6 CLASS PREPAID

£93.00 - £15.50 per class

12 CLASS PREPAID

£168.00 - £14.00 per class

18 CLASS PREPAID

£225 - £12.50 per class

24 CLASS PREPAID

£264 - £11.00 per class

[Book Online Here](#)

Next Term Runs From 29th October - 15th December

CLASS LEVEL GUIDE

LEVEL 1 - Beginner/Returner - Low Intensity

LEVEL 2 - Improver

LEVEL 3 - Intermediate LEVEL

LEVEL 4 -Advanced - High Intensity

If you aren't sure, please ask me :)

STUDIO GUIDE

STUDIO 1 - St Pauls Church - ISIS Room - Grove Park, Chiswick W4 3SD

STUDIO 2 - Chiswick Tennis Club - Grove Park, Chiswick W4 3EU

STUDIO 3 - The Hogarth Centre - THE DOJO - Chiswick W4 2JR

PERSONAL TRAINING venues:

PT - West 4 Gym : Outdoors : Your Home 1-2-1 Pilates - STUDIO 1/2