

## SPECIAL SUMMER HOLIDAY TIMETABLE from 7th August to 31st August

PLEASE DOWNLOAD THE SAMPLE TIMETABLE TO SEE MY NORMAL TERM OF CLASSES - NEXT FULL TERM STARTS 10th SEPTEMBER

TUESDAY	CLASS	LEVEL	STUDIO
11.30 am - 12.30 1.00 pm - 4.00	PILATES & STRETCH Personal Training Slots	ALL	2

### WEDNESDAY

8.30 am - 4.00 7.30 pm - 8.30	Personal Training Slots DYNAMIC PILATES	2/3/4	1
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PLEASE NOTE - NO CLASSES ON WED 15th August

[CLICK HERE TO BOOK YOUR CLASSES](#)

THURSDAY	CLASS	LEVEL	STUDIO
11.00 am - 12.00 12.50 pm - 1.50 3.00 pm - 9.00	Personal Training Slots PILATES Personal Training Slots	ALL	1

### FRIDAY

10.00 am - 11.00 11.00 am - 12.00 4.00 pm - 6.00	DYNAMIC PILATES Personal Training Slot Personal Training Slots	2/3/4	2
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[CLICK HERE TO BOOK YOUR CLASSES](#)

### Studio Locations

**STUDIO 1:** CHISWICK TENNIS CLUB  
W4 3EU

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

#### PERSONAL TRAINING:

WEST 4 GYM - GENERAL FITNESS

STUDIO 1 - ONE TO ONE PILATES

[DOWNLOAD HOLIDAY TIMETABLE](#)

[DOWNLOAD SAMPLE TIMETABLE](#)

### Term Class Packs

Reduce your class prices!

#### PAY AS YOU GO

£17 per class

#### 4 CLASS PREPAID

£62.00 - £15.50 per class

#### 8 CLASS PREPAID

£112.00 - £14.00 per class

#### 12 CLASS PREPAID

£150 - £12.50 per class

#### 16 CLASS PREPAID

£176 - £11.00 per class

[Book Online Here](#)

## Summer Holiday Term Runs From 7th August to 31st August

### CLASS LEVEL GUIDE

LEVEL 1 - Beginner/Returner - Low Intensity

LEVEL 2 - Improver

LEVEL 3 - Intermediate LEVEL

LEVEL 4 - Advanced - High Intensity

### STUDIO GUIDE

STUDIO 1 - Chiswick Tennis Club - Grove Park, Chiswick W4 3EU

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

#### PERSONAL TRAINING venues:

West 4 Gym /STUDIO 1: Chiswick Tennis Club/Outdoors/Home