

MONDAY	CLASS	LEVEL	STUDIO
9.30 - 10.30	DYNAMIC PILATES	2/3/4	2
11.00 - 12.00	Personal Training Slot		
12.50 - 1.50	EASY PILATES	1/2	1
3.00 - 5.00	Personal Training Slots		
7.30 - 8.30	DYNAMIC PILATES	2/3/4	1
TUESDAY			
8.30 - 10.30	Personal Training Slots		
11.30 - 12.30	PILATES & STRETCH	ALL	2
3.00 - 5.00	Personal Training Slots		
WEDNESDAY			
8.30 - 5.00	Personal Training Slots		
7.30 - 8.30	DYNAMIC PILATES	2/3/4	1

[CLICK HERE TO BOOK YOUR CLASSES](#)

THURSDAY	CLASS	LEVEL	STUDIO
9.00 - 10.30	DYNAMIC PILATES	2/3/4	2
11.00 - 12.00	Personal Training Slot		
12.50 - 1.50	EASY PILATES	1/2	1
3.00 - 9.00	Personal Training Slots		
FRIDAY			
9.30 - 10.30	DYNAMIC PILATES	2/3/4	2
11.00 - 12.00	Personal Training Slot		
4.00 - 6.00	Personal Training Slots		
SATURDAY			
9.00 - 10.00	BOOTCAMP PILATES	2/3/4	2
10.30 - 12.30	Personal Training Slots		

[CLICK HERE TO BOOK YOUR CLASSES](#)

## Next Term Runs From 4th June - 20th July

### 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

### 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 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](#)