

PILATES Class Timetable

TIME	CLASS	INSTRUCTOR
MONDAY		
11:30 - 12:30	Pilates Mat	Arlene
17:30 - 18:30	Pilates Mat	Arlene
18:45 - 19:45	Pilates Mat	Arlene
TUESDAY		
09:30 - 10:30	Pilates Mat	Stefan
12:30 - 13:30	Pilates Mat	Morven
WEDNESDAY		
From 2pm	Online class	Arlene
12:30 - 13:30	Reformer Circuit	Valentina
16:00 - 17:00	Reformer Circuit	Valentina
17:30 - 18:30	Reformer Circuit	Valentina
THURSDAY		
09:45 - 10:45	Pilates Mat	Morven
11:00 - 12:00	Pilates Mat	Morven
17:45 - 18:45	Pilates Mat	Morven (Linlithgow)
FRIDAY		
08:15 - 09:15	Pilates Mat	Stefan
08:15 - 09:15	Pilates Mat	Morven (Linlithgow)
09:30 - 10:30	Pilates Mat	Morven (Linlithgow)



Pilates Information Brochure



Why is Pilates good for you?

Pilates is beneficial for improving core strength, flexibility, posture and body awareness, while promoting mental well-being and reducing stress through controlled movements and breathing.

Classes we offer:

Mat class

We use a variety of props from magic circles to weighted balls and resistance bands to ensure you get a full body workout and keep our small group classes interesting and fun!

Reformer Circuit class

Using the Reformer and other specialist Pilates equipment, you will work your way around a circuit programme with our instructor on hand to guide you and the class.

Online class

If you need to fit in a class at home, then book in for our Wednesday online class and we will send you the recording link which you can use anytime for 7 days.

Extra Content

Do you only have 8 minutes to spare and want to get a quick routine done while perfecting your technique? Check out our private YouTube channel for workouts and advice available to all our Pilates clients.

Must have a 1-to-1 session with an instructor before attending classes.

How to get started...

Starter bundle includes:

- Initial 1-to-1 session with an instructor
- 1 x Mat class
- 1 x Reformer circuit class
- 1 x Online video

Price: £64

And then purchase either...

5 x class bundle
£76

or

10 x class bundle
£134

MEET THE TEAM



Arlene
Bowmaker



Morven
Murray



Stefan
Sparkes



Valentina
Pintus