pilates works

STRENGTH FROM THE CORE

PILATES & YOGA TIMETABLE

Monday 7th September – Friday 23rd October 2026

MONDAY	DESCRIPTION	INSTRUCTOR
9.30am -10.30am	Improvers (Studio 2)	Nicola
10.45am – 11.45am	Improvers (Studio 2)	Nicola
TUESDAY	**DESCRIPTION**	**INSTRUCTOR**
8am - 9am	Dynamic (Zoom)	Jenny
10am – 11am	Improvers (**MEVH**)	Jenny
11am – 12noon	Improvers (**MEVH**)	Jenny
12noon – 1pm	Intermed/Improvers (**MEVH**)	Jenny
6pm – 7pm	Holistic Yoga (Studio 2)	Lindsay
WEDNESDAY	**DESCRIPTION**	**INSTRUCTOR**
9am – 10am	Intermediate (Studio 2)	Nicola
10.10am – 11.10am	Improvers (Studio 2)	Nicola
4.30pm – 5.15pm	Chair Exercise Class (**MEVH**)	Jenny
5.30pm – 6.30pm	Improvers (**MEVH**)	Jenny
6.30pm - 7.30pm	Improvers (**MEVH**)	Jenny
THURSDAY	**DESCRIPTION**	**INSTRUCTOR**
8.30am - 9.30am	Intermediate (Zoom)	Jenny
10.30am – 11.30am	Improvers (Studio 2)	Elle
10.30am – 11.30am	Improvers (**MEVH**)	Jenny
11.30am - 12.30pm	Intermed/Improvers (**MEVH**)	Jenny
SATURDAY	**DESCRIPTION**	**INSTRUCTOR**
12.30pm – 2.30pm	Optional Introduction Workshop	Jenny

MEVH – Monks Eleigh Village Hall