

## TIMETABLE

Loving Pilates Studio, Crofton Healthcare, Crofton House, Wych Hill, Woking, GU22 0EX (unless stated otherwise)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
08.00									
08.30									
09.00	Springboard Class		Springboard Class			Studio Circuit			
09.15									
09.25		Mat Class at Hoe Valley Community Centre, Kingfield Road, Woking, GU22 9BA  (1 hour session)			Mat Class at Hoe Valley Community Centre, Kingfield Road, Woking, GU22 9BA  (1 hour session)				
09.30	Springboard Class								
09.55				Studio Circuit					
10.00									
10.15									
10.25						Springboard Class			
10.30									
10.55			Studio Circuit						
11.00	Studio Circuit				Studio Circuit	Pregnancy Pilates			
11.25		Springboard Class							
11.30									
11.55			Private Session						
12.00	Mat Class	Mat Class			Private Session	Private Session			
12.25									
12.30									
12.55							Studio Session		
13.00									
13.25					Private Session				
13.30									
13.55									
14.00									
14.30									
15.00		Springboard Class							
15.30									
15.55									
16.00									
16.30			Pilates for Kids						
16.45									
17.00		Pilates for Teens							
17.30									
17.45									
18.00									
18.30									
19.00									
19.30	Mat Class Ladies Only* (1 hour session)		Mat Class						
19.55									
20.00									
20.30				Mat Class					
20.55	Mat Class Men Only* (1 hour session)								
21.00									
21.30									

\* Goldsworth Primary School, Bridge Barn Lane, Woking, Surrey, GU21 6NL. Adult classes run for 55 minutes. Teens and kids classes run for 45 minutes.

Timetable is subject to change. Go to [LovingPilates Facebook page](#) for updates.

## PRICES

Studio sessions, Studio Circuits and Springboard classes	£24
1:1 sessions	£65
Orientation session	£48
Small Mat classes	£15
Pilates for Teens	£9
Pilates for Kids	£9
Pilates for Pregnancy	£20