

PRICES

Studio Sessions, Studio Circuits & Springboard Classes	£ 24
1:1 Session	£ 65
Orientation Sessions	£ 48
Studio Mat Classes	£15
Pilates for Teens and Kids	£ 9
Pilates for Bone Health	£ 20



TIMETABLE

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00						
08:30	Springboard Class		Springboard Class	Springboard Class		
09:00	08:30-09:25		08:30-09:25	08:30-09:25		Studio Circuit
09:15		Mat class 0915:1015 at Hoe Valley Community Centre, Kingfield Road, Woking, GU22 9BA		Starting from 1 Nov 2018	Mat class 0915:1015 at Hoe Valley Community Centre, Kingfield Road, Woking, GU22 9BA	09:00-09:55
09:30	Springboard Class	Pilates for Bone Health	Springboard Class	Springboard Class		
10:00	09:30-10:25	09:30-10:25	09:30-10:25	09:30-10:25		Springboard Class
10:15				Starting from 1 Nov 2018		10:00-10:55
10:30						
11:00	Studio Circuit	Springboard Class	Studio Circuit		Studio Circuit	Springboard Class
11:30	11:00-11:55	11:00-11:55	11:00-11:55		11:00-11:55	11:00-11:55
12:00		Mat Class				
12:30	Mat Class	12:30-13:25				
13:00	12:15-13:10		Studio Session			
13:30			13:00-13:55			
15:00						
15:30		Springboard Class				
16:00		15:15-16:10				
16:30						
17:00		Pilates for Teens	Pilates for Kids			
17:30		17:00-17:45	17:00-17:45			
18:00		Subject to change to 17:30	Subject to change to 17:30			
18:30						
19:00		Springboard Class	Mat Class			
19:30	Mat Class Ladies Only *	19:00-19:55	19:00-19:55			
20:00	19:30-20:25	Springboard Class	Mat Class			
20:30	Mat class Men Only *	20:00-20:55	20:00-20:55			
21:00	20:30-21:25					

* Goldsworth Primary School, Bridge Barn Lane, Woking GU21 6NL.