

PRICES

Studio Sessions, Studio Circuits & Springboard Classes	£ 26
1:1 Session	£ 65
Orientation Sessions	£ 48
Studio Mat Classes	£20
Pilates for Teens and Kids	£ 11
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						Studio Circuit
08:30	Springboard Class		Springboard Class			08:00-08:55
09:00	08:30-09:25		08:30-09:25			Studio Circuit
09:15		Mat class ** 09:15-10:15			Mat class **	09:00-09:55
09:30		Pilates for Bone Health	Springboard Class		09:15-10:15	
10:00		09:30-10:25	09:30-10:25			Springboard Class
10:15						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						
12:15	Studio Mat					
12:30	12:15-13:10					
13:00						
13:15						
15:00						
15:30						
16:00						
16:30						
17:00		Pilates for Teens	Pilates for Kids			
17:30		17:00-17:45	17:00-17:45			
17:45						
18:00						
19:00		Springboard Class	Studio Mat	Springboard Class		
19:30	Mat Class Ladies Only *	19:00-19:55	19:00-19:55	19:00-19:55		
20:00	19:30-20:25	Springboard Class	Studio Mat	Springboard Class		
20:30	Mat class Men Only *	20:00-20:55	20:00-20:55	20:00-20:55		
21:00	20:30-21:25					
21:30						

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

** at Hoe Valley Community Centre, Kingfield Road, Woking, GU22 9BA