

## 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	<b>Springboard Class</b>		<b>Springboard Class</b>			
09:00	08:30-09:25		08:30-09:25			<b>Studio Circuit</b>
09:15		<b>Mat class</b> 09:15:10:15 at Hoe Valley Community Centre, Kingfield Road, Woking, GU22 9BA			<b>Mat class</b> 09:15:10:15 at Hoe Valley Community Centre,  Kingfield Road, Woking, GU22 9BA	09:00-09:55
09:30	<b>Springboard Class</b>	<b>Pilates for Bone Health</b>	<b>Springboard Class</b>			
10:00	09:30-10:25	09:30-10:25	09:30-10:25			<b>Springboard Class</b>
10:15		09:30-10:25				10:00-10:55
10:30						
11:00	<b>Studio Circuit</b>	<b>Springboard Class</b>	<b>Studio Circuit</b>		<b>Studio Circuit</b>	<b>Springboard Class</b>
11:30	11:00-11:55	11:00-11:55	11:00-11:55		11:00-11:55	11:00-11:55
12:00		<b>Mat Class</b>				
12:30	<b>Mat Class</b>	12:30-13:25				
13:00	12:15-13:10		<b>Studio Session</b>			
13:30			13:00-13:55			
15:00						
15:30		<b>Springboard Class</b>				
16:00		15:15-16:10				
16:30						
17:00		<b>Pilates for Teens</b>	<b>Pilates for Kids</b>			
17:30		17:00-17:45	17:00-17:45			
18:00						
18:30						
19:00			<b>Mat Class</b>			
19:30	<b>Mat Class Ladies Only *</b>		19:00-19:55			
20:00	19:30-20:25		<b>Mat Class</b>			
20:30	<b>Mat class Men Only *</b>		20:00-20:55			
21:00	20:30-21:25					

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