

Mon	Tue	Wed	Thu	Fri	Sun
9.30 - 10.25am Advanced Mat Pilates Zoom	9.30 - 10.20am Intermediate Reformers	9.30 - 10.20am Beginner Reformers	9.15 - 10.05am Intermediate Reformers	9.30 - 10.20am Advanced Reformers	9.30 - 10.20am Intermediate Reformers
10 - 10.50am Beginner Reformers	9.30 - 10.25am Vinyasa Yoga	9.30 - 10.20am Intermediate Mat Pilates	9.30 - 10.25am Gentle Mat Pilates Zoom	10.30 - 11.20am Beginner Reformers	
10.45 - 11.40am Gentle Mat Pilates	10.30 - 11.20am Intermediate Reformers	10.35 - 11.30am Fusion - SMFR/ Pilates/Yoga	10.15 - 11.10am Yoga Classical Hatha	10.30 - 11.20am SMFR / Yin Yoga	
11 - 11.50am Intermediate Reformers	11.45 - 12.40pm Intermediate Mat Pilates	11.45 - 12.40pm Beginners Mat Pilates	5.50 - 6.45pm Vinyasa Yoga		
12 - 12.55pm Intermediate Mat Pilates	5.30 - 6pm Healthy HIIT Studio	5.10 - 6.05pm Intermediate Pilates Zoom	6 - 6.50pm Advanced Reformers		
5.50 - 6.45pm SMFR / Yin Yoga	5.30 - 6.20pm Beginner Reformers	6 - 6.55pm Intermediate Mat Pilates	7 - 7.50pm Beginner Reformers		
7 - 7.55pm Intermediate Mat Pilates	6.10 - 7.05pm Advanced Mat Pilates	6.15 - 7.05pm Intermediate Reformers	7 - 7.55pm Intermediate/ Advanced Pilates		
	6.30 - 7.20pm Intermediate Reformers	7.05 - 8pm Beginners Mat Pilates			
	7.15 - 8.10pm Intermediate Mat Pilates				



01594 516810

Class schedule

<https://www.vineyhallphysio.co.uk/pilates-classes>