

Class Schedule - Autumn 2017

Accomplish Pilates Studio at the Old Cranleigh Club - Portsmouth Rd, Thames Ditton

MONDAY

09.30-10.30	Caroline	Gentle Pilates
11.00-12.00	Fe	Rehab Pilates
12.15-13.30	Fe	Improver/Intermediate Pilates
13.45-14.45	Fe	Private clients
15.00-16.00	Fe	Private clients
18.15-19.15	Fe	Intermediate Pilates
19.30-20.45	Fe	Advanced Pilates (injury free only)

TUESDAY

09.15 - 10.15	Adele	Barre (starting 12/9/17)
10.30 - 11.30	Adele	Improver Pilates (starting 12/9/17)
11.45 - 19.00	Fe	Private clients
19.30-20.30	Caroline	Intermediate Pilates

WEDNESDAY

09.30 - 10.30	Caroline	Intermediate Pilates
14.00 - 15.00	Becky	Post-natal Pilates (starting 13/9/17 - 6 weeks)
18.30-19.30	Adele	Beginner Ashtanga Yoga (starting 13/9/17)
19.45-20.45	Adele	Barre

THURSDAY

09.15-10.15	Adele	Intermediate Pilates
10.30 - 11.20	Adele	High Intensity Pilates (HIP) (starting 14/9/17)

FRIDAY

09.30-10.45	Fe	Intermediate Pilates
10.45 - 11.45	Fe	Beginner/Improver Pilates

SATURDAY

09.00-10.15	Fe	Intermediate Pilates
10.15 - 11.30	Fe	Men Only

SUNDAY

Please contact individual Instructor for class prices

Classes are bookable in half termly slots or via a 5 or 10 class pass option for Adele
Fe: 07850 270002 Adele: 07525 462 825

Privates 1:1's

Prices per private session vary according to the level of Instructor so from £40 to £75.
Duets vary from £40 to £90

Please contact us for more details.

07850 270002 Email: info@accomplishpilates.co.uk Web: www.accomplishpilates.co.uk

Accomplish Pilates

Class Schedule - Spring 2016

Accomplish Pilates Studio at the Old Cranleighan Club - Portsmouth Rd, Thames Ditton, Surrey

MONDAY

09.30-10.30		
11.00-12.00	Fe	Rehab Pilates
12.15-13.15	Fe	Beginner/Improver
13.45-14.45	Fe	Private
15.00-16.00	Fe	Private
18.15-19.15	Fe	Intermediate
19.30-20.45	Fe	Advanced

TUESDAY

09.15 - 10.05	Adele	PBB Signature Barre class - TBA soon
10.15 - 11.05	Adele	PBB Signature Barre class - TBA soon
11.15 - 12.00	Adele	Barre & Baby - TBA soon
18.15-19.15	Caroline	Beginner
19.30-20.30	Caroline	Intermediate

WEDNESDAY

09.30-10.30	Caroline	Intermediate
10.45-11.45	Fe	Beginner
19.45-20.45	Adele	Barre

THURSDAY

09.15-10.15	Adele	Intermediate
10.30-11.30	Adele	Beginner
11.45-12.45	Fe	Beginner/Improver

FRIDAY

09.30-10.45	Fe	Intermediate/Advanced
11.00-12.00	Fe	Improver/Intermediate
12.15-13.15	Fe	Advanced Mat

SATURDAY

09.00-10.00	Fe	Intermediate
10.15-11.15	Fe	Men Only – Improver
11.30-12.30	Fe	Improver
	Caroline	Hypno-birth - TBA soon

All Classes are £12 per class. Please use Mindbody to reserve your space. Booking essential.

Classes are bookable in half termly slots
ie if a 6 week half term payment in advance is £72 and if a 7 week half term £84.

Privates 1:1's - Mat or Reformer class

Prices per private session vary according to the level of Instructor so from £35 to £75.
Duets vary from £40 to £90

Please contact us for more details.

Tel: 07850270002 | Email: info@accomplishpilates.co.uk | Web: AccomplishPilates.co.uk

Class Schedule - Autumn 2015

OC Old Cranleighian)			TDE (Thames Ditton and Esher)		
MONDAY					
09.30-10.30	Nuray	Yoga Therapy	09.30-10.30	Caroline	Gentle Pilates
11.00-12.00	Fe	Rehab Pilates			
12.15-13.15	Fe	Beginner/Improver			
13.45-14.45	Fe	Private			
15.00-16.00	Fe	Private			
18.15-19.15	Fe	Intermediate			
19.30-20.45	Fe	Advanced			
TUESDAY					
09.30-10.30					
10.45-11.45					
12.15-13.15	Natascha	Yoga			
18.15-19.15	Cecilia	Beginner			
19.30-20.30	Caroline	Intermediate			
WEDNESDAY					
09.30-10.30	Caroline	Intermediate	09.30-10.30	Cecilia	HIP Pilates
10.45-11.45	Fe	Beginner			
16.30-17.30	Cecilia	Teen Pilates	11.00-12.00	Judy	Private
18.30-19.30	Cecilia	Beginner	12.00-13.00	Judy	Private
19.45-20.45	Adele	BarreConcept	13.00-14.00	Judy	Private
THURSDAY					
09.15-10.15	Adele	Intermediate			
10.30-11.30	Adele	Barre Pilates			
11.45-12.45	Fe	Beginner/Improver			
13.30-14.00	Fe	Mums and Babes			
18.20-19.20	Cecilia	Beginner			
FRIDAY					
09.30-10.45	Fe	Intermediate/Advanced	09.30-10.30	Nuray	Yoga Therapy
11.00-12.00	Fe	Improver/Intermediate			
12.15-13.15	Fe	Advanced Mat			
SATURDAY					
09.00-10.00	Fe	Intermediate			
10.15-11.15	Fe	Men Only – Improver			
11.30-12.30	Fe	Improver			

All Classes are £12 per class and they are all one hour long.

Classes are bookable in half termly slots
ie if a 6 week half term payment in advance is £72 and if a 7 week half term £84.

Privates 1:1's

Prices per private session vary according to the level of Instructor so from £35 to £75.
Duets vary from £40 to £90

Please contact us for more details.

Tel: 07850270002 Email: Fe123wood@yahoo.co.uk Web: AccomplishPilates.co.uk
