



KN Pilates Timetable

2022 Autumn Term 1 1 September-23 October

Tuesdays online	Thursdays in person	Saturdays in person	Sundays online
10-10.45am LEVEL 1 & 2 beginners/improvers	<i>Let go just for now...</i>	9-10am LEVEL 2 improvers	9-10am LEVEL 2 improvers
<i>Take a deep breath!</i>		10-11am LEVEL 1 beginners	<i>How would you like your day to go?</i>
5.30-6.15pm <i>New</i> LEVEL 1 beginners	6.30-7.15pm The Complete Beginners Pilates Course	11am-12pm BALLET adult beginners	
7.45-8.45pm LEVEL 2 improvers	7.15-8.15pm LEVEL 1 beginners	<i>Take a moment to find your feet on the ground.</i>	
<i>Have a happy thought :)</i>	8.15-9.15pm <i>New</i> LEVEL 3 intermediate		

1:1 / 2:1 sessions available. Please contact me via my website.

Book your place at www.KN-PILATES.com