



KN Pilates Timetable

2022 Summer Term 1 *19 April - 05 June*

Tuesdays	Wednesdays	Thursdays	Saturdays	Sundays
10-10.45am LEVEL 1 & 2 beginners/improvers online	<i>Have a happy thought :)</i>	<i>How would you like your day to go?</i>	9-10am LEVEL 2 improvers in person	9-10am LEVEL 2 improvers online
<i>Take a deep breath!</i>			10.10-11.10am LEVEL 1 beginners in person	<i>Take a moment to find your feet on the ground</i>
	6.30-7.30pm LEVEL 1 beginners online		11.15-12.15pm BALLET adult beginners in person	
7.45-8.45pm LEVEL 2 improvers online	8-9pm LEVEL 3 intermediate in person	7-8pm The Complete Beginners Course in person	<i>Let go just for now</i>	

In Person Venues:

Wednesdays: Torridon Rd, SE6 1RQ

Thu & Sat: Springbank Rd, SE13 6SS

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



All classes need to be booked in advance.

Book your place at www.KN-PILATES.com