



# KN Pilates Timetable

2022 Summer Term 1 *9 June-24 July*

Tuesdays	Wednesdays	Thursdays	Saturdays	Sundays
10-10.45am <b>LEVEL 1 &amp; 2</b> beginners/improvers online	<i>Have a happy thought :)</i>	<i>How would you like your day to go?</i>	9-10am <b>LEVEL 2</b> improvers in person	9-10am <b>LEVEL 2</b> improvers online
<i>Take a deep breath!</i>			10.10-11.10am <b>LEVEL 1</b> beginners in person	
	7.45-8.45pm <b>LEVEL 2</b> improvers online	6.30-7.30pm <b>LEVEL 1</b> beginners online	7-8pm <b>The Complete Beginners Course</b> in person	
	8-9pm <b>LEVEL 3</b> intermediate in person	7-8pm <b>LEVEL 1</b> beginners 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](http://www.KN-PILATES.com)