

# Pilates North East Mind and Body Studio

## Timetable – December 2018

Please arrive in good time for your class – thank you!

MORNING	Mon	Tue	Wed	Thurs	Fri	Saturday
10:00 – 11.00	Level 1/Level 2	Level 1/Level 2		Yoga for all (Noel) 10.00-11.30	Multi Level	Total Beginners/ Multi Level
11:00 – 12.00	Multi Level	Healthy Backs/Beginners				
EVENING						
6:00 – 7.00	Beginners/Level 1	Total Beginners	Level 2	Multi Level		
7:00 – 8.00	Level 2/Level 3	Level 2/Level 3	Level 2	Level 2/Level 3		
8:00 – 9.15		Smooth Yoga 8.00-9.15				

As shown above, many of our classes cater for more than one level. All classes offer modifications to suit the needs of each client. Please talk to us about which class would suit you best - call Gillian on 07718 520 869 or Carol on 07761 421 815. Email: [pilatesnortheast@gmail.com](mailto:pilatesnortheast@gmail.com)

**Total Beginners** - Induction to Pilates, providing an awareness of basic principles, foundations and essentials.

**Beginners** – Pilates repertoire is introduced and clients learn the building blocks to each exercise.

**Level 1** – More highly choreographed element than Beginners, for clients with a sound understanding of the basic principles and foundations.

**Level 2** – As for Level 1, but the class has the extra element of a dynamic flow and uses equipment to add further challenge.

**Level 3** – For the more advanced clients that have an experienced practice and enjoy a challenge!

**All levels** – a session for everyone - whatever stage of Pilates you are at!

**Yoga for all:** taught by Noel Sharpe ([www.yoga-durham.co.uk](http://www.yoga-durham.co.uk)): accessible yoga for all levels of fitness. **Taster sessions available – please ask at Reception.**

**Smooth Yoga** - taught by Sarah Salter - [sarah.smoothyoga@gmail.com](mailto:sarah.smoothyoga@gmail.com)

**Saturday at 10am - Multi level and total beginners. Our members can enjoy a second class for £8.00 (pre book - pre pay)**

We now offer Drop In classes at £10.00 These are however at your own risk. If there is a space then that mat awaits you.

Please ensure you arrive 10 mins prior to class.