

Victoria Baker PILATES

Oct/November-December 2017 Timetable

Day	Time	Level	Dates	Price
Monday Evening	19:00-20:00	Level 2-3	30 Oct – 11 Dec 7 weeks	£70
	20:10-21:10	Level 1-2		£70
Tuesday Daytime	9:30-10:30	Level 1-2	31 Oct – 12 Dec 7 weeks	£70
	10:45-11:45	Gentle Pilates		£70
	12:00-13:00	Private Lesson		POA
Tuesday Evening	18:00-19:00	Level 1-2	31 Oct – 12 Dec 7 weeks	£70
	19:05-20:05	Level 2-3		£70
	20:10-21:10	Level 3		£70
Wednesday Daytime	9:15-10:15	Level 3	1 Nov – 13 Dec 7 weeks	£70
	10:30-11:30	Level 2		£70
	11:45-12:45	Private Lesson		POA
	14:00-15:00	Private Lesson		POA
Wednesday Evening	18:30-19:30 19:35-20:35	Beginners Level 1-2	1 Nov – 13 Dec No class on 29thNov 6 weeks	£60
Thursday Daytime	9:20-10:20	Level 2	2 Nov – 14 Dec 7 weeks	£70
	10:30-11:30	Private Lesson		POA
	11:45-12:45	Private Lesson		POA
	12:50-13:50	Level 1-2		£70
	14:00-15:00	Private Lesson		POA

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Levels:

Beginners: Designed to teach the principles of Body Control Pilates method including alignment, centering, breathing and co-ordination.

Improvers: After completing a beginners course, building on the foundations and adding new exercises.

Gentle: For those wanting to take their Pilates at a slower pace in order to just keep mobile. Modifications and adaptations made for age related conditions (eg. joint replacements and arthritis)

Level 1: Starting to add flowing movement to exercises and developing strength.

Level 2: In this course we are refining technique and developing endurance introducing some intermediate & advanced mat exercises.

Level 3: An intermediate course, covering some of the more advanced classical mat exercises using much more abdominal strength.

Private: Private lessons designed specifically for you and your requirements. Private lessons can be booked on a one-to-one basis or within a friends and family group.