

Victoria Baker PILATES

June-July 2018 Timetable

Day	Time	Level	Dates	Price
Monday Evening	19:00-20:00	Level 2-3	4 Jun-9 Jul 6 weeks	£60
	20:10-21:10	Level 1-2		£60
Tuesday Daytime	9:30-10:30	Level 1-2	5 Jun-10 Jul 6 weeks	£60
	10:45-11:45	Gentle Pilates		£60
	12:00-13:00	Private Lesson		POA
Tuesday Evening	18:00-19:00	Level 1-2	5 Jun-10 Jul 6 weeks	£60
	19:05-20:05	Level 2-3		£60
	20:10-21:10	Level 3		£60
Wednesday Daytime	9:15-10:15	Level 3	6 Jun-11 Jul 6 weeks	£60
	10:30-11:30	Level 2		£60
	11:45-12:45	Private Lesson		POA
	14:00-15:00	Private Lesson		POA
Wednesday Evening	18:30-19:30 19:35-20:35	Level 1 Level 1-2	6 Jun-4 Jul 5 weeks	£50
Thursday Daytime	9:20-10:20	Level 2-3	7 Jun-12 Jul 6 weeks	£60
	10:30-11:30	Private Lesson		POA
	11:45-12:45	Private Lesson		POA
	12:50-13:50	Level 1-2		£60
	14:00-15:00	Private Lesson		POA

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PILATES

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.