

Bea Alexander Pilates Winter Term Timetables 2015

1. Standard Pilates & Yoga Matclasses Timetable (12 -15 maximum in a class)

Twelve-Week Term: Monday 5th January to Thursday 26th March

Wednesday Beginner's Pilates & Pilates & Cardio Thursday class are booked as two six-week blocks: Wednesday 7th January to 11th February & Wednesday 18th February to Wednesday 25th of March. Pilates & Dance Floor Barre Class will run for the second six-week block.

DAY	TIME	LEVEL	LOCATION	TEACHER
Monday	4.15-5.15pm	General Pilates (Not Suitable for Beginners)	Central Studio	Bea Alexander
Monday	5.30-6.30pm	Level 2 to 3 Pilates	Central Studio	Bea Alexander
Monday	6.40-7.40pm	Level 3 to 4 Pilates	Central Studio	Gill Bertram
Monday	7.45-8.45pm	Yoga Vinyasa Flow (General Level)	Central Studio	Gill Bertram
Tuesday	6.00-7.00pm	Beginners Pilates	Eric Liddell	Rebecca Palmer
Tuesday	7.00-8.00pm	Level 1 Pilates	Eric Liddell	Rebecca Palmer
Tuesday	8.00-9.00	Level 2 Pilates	Eric Liddell	Rebecca Palmer
Tuesday	5.50-6.50pm	Beginners Pilates	Central Studio	Gill Bertram
Tuesday	6.55-7.55pm	Level 1 Pilates	Central Studio	Gill Bertram
Tuesday	8.00-9.00pm	Level 2 Pilates	Central Studio	Gill Bertram
Wednesday	7.00-8.00pm	Beginners Pilates. Two 6-week blocks	Central Studio	Hannah Venet
Wednesday	8.05-9.05pm	Level 1	Central Studio	Hannah Venet
Wednesday	5.45-6.45pm	Level 4 Pilates	Gathering Essence	Bea Alexander
Wednesday	6.45-8.00pm	Level 4 Advanced Pilates 1 hr 1/4	Gathering Essence	Bea Alexander
Wednesday	8.00-9.00pm	Level 3 Pilates	Gathering Essence	Bea Alexander
Thursday	12.30-1.30pm	General Pilates (Not Suitable for Beginners)	Central Studio	Gill Bertram
Thursday	5.00-6.00pm	Level 1 to 2 Pilates (General Level)	Central Studio	Gill Bertram
Thursday	6.00-7.00pm	Level 2	Central Studio	Gill Bertram
Thursday	7.05-8.05pm	Level 3 Pilates	Central Studio	Valentina Pintus
Thursday	8.05-9.05pm	Pilates & Cardio Class (General) Two 6-week blocks	Central Studio	Valentina Pintus
Thursday	6.00-7.00pm	Level 3 to 4 Pilates	Eric Liddell	Hannah Venet
Thursday	7.00-8.00pm	Level 2 to 3	Eric Liddell	Hannah Venet
Thursday	8.00-9.00pm	Beginners Pilates	Eric Liddell	Hannah Venet

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2. Pregnancy & Post-Natal Pilates Classes Timetable (Six women max. per class)

Classes run in two six-week blocks

Block 1: Tuesday 6th January to 13th February

Block 2: Tuesday 17th February to Friday 27th of March

Tuesday	5.30-6.45pm	Pregnancy Pilates.	Grange Studio	Misa Brzezicki
Tuesday	6.45-8.00pm	Pregnancy Pilates,	Grange Studio	Misa Brzezicki
Tuesday	8.00-9.00pm	Post-Natal Pilates	Grange Studio	Misa Brzezicki
Friday	5.30-6.45pm	Pregnancy Pilates	Grange Studio	Rebecca Palmer
Friday	5.30-6.45pm	Pregnancy Pilates.	Central Studio	Valentina Pintus

Bea Alexander Pilates Autumn Term Timetables 205

2. The Grange Studio Small Group Matclass Timetable (Six people max. per class)

Twelve-Week Term: Monday 5th January to Thursday 26th March

Saturday 10am class held in two six-week blocks:

Block 1: Tuesday 6^h January to 13^h February

Block 2: Tuesday 17th February to Friday 27^h of March

DAY	TIME	LEVEL	TERM	TEACHER
Monday	6.00-7.00pm	Beginners Pilates	12 weeks	Charlie Pank
Monday	7.05-8.05pm	Intermediate Pilates (Level 2-3)	12 weeks	Charlie Pank
Monday	8.05-9.05pm	Improvers Pilates (Level 1 to 2)	12 weeks	Charlie Pank
Tuesday	3.00-4.00pm	Intermediate Pilates (level 2-3)	12 weeks	Bea Alexander
Wednesday	5.40-6.40	Improvers Pilates (Level 1-2)	12 weeks	Gill Bertram
Wednesday	6.45-7.45pm	Intermediate Pilates (Level 2-3)	12 weeks	Gill Bertram
Wednesday	7.50-8.50pm	Advanced Pilates (Level 3-4)	12 weeks	Gill Bertram
Saturday	10.00-11.00am	Intermediate Pilates (Level 2-3)	Two six-week blocks	Valentina Pintus