



The Pilates Studio of Berkshire has classes running 7 days a week. All of our instructors are fully qualified, insured and hold First Aid certificates. The service we provide is professional, friendly and personal. Local doctors, Osteopaths and Physiotherapists in the Berkshire area refer their client to us. All mats and equipment needed are provided for you. Whilst classes are not running personal training sessions or Equipment Pilates classes will be running. Please contact us if you would be interested in doing a group Equipment class or a one to one session.

We are always adding extra classes on to our timetable so please contact us if you cannot find what you are looking for.

Class	Day	Level	Start	Finish	Instructor	Price
Pilates	Monday	Beginners	9:30am	10:30am	Rebecca	8 wks £56
Pilates	Monday	Beginners	10:30am	11:30am	Rebecca	8 wks £56
Gentle Yoga	Monday	Mixed	11:30am	1pm	Allison	8 wks £72
Kids Pilates	Monday	2 ½ -4yrs	3:20pm	4pm	Tracey	12 wks £72
Kids Pilates	Monday	5-7yrs	4pm	4:40pm	Tracey	12 wks £72
Kids Pilates	Monday	8-12yrs	4:40pm	5:30pm	Tracey	12 wks £72
Pilates	Monday	Improvers	6pm	7pm	Rebecca	8 wks £56
Pilates	Monday	Beginners	6pm	7pm	Tracey	8 wks £56
Pilates	Monday	Beginners	6:45pm	7:45pm	Sue	8 wks £56
Pilates	Monday	Improvers	7pm	8pm	Rebecca	8 wks £56
Pilates	Monday	Beginners	7pm	8pm	Tracey	8 wks £56
Adults Yoga	Monday	Open Class	8pm	9:30pm	Andrew	8 wks £72
Pilates	Monday	Improvers	8pm	9pm	Rebecca	8 wks £56
Pilates	Monday	Beginners	8pm	9pm	Tracey	8 wks £56
Pilates	Tuesday	Beginners	9:30am	10:30am	Rebecca	8 wks £56
Pilates	Tuesday	Improvers	10:30am	11:30am	Rebecca	8 wks £56
Pilates	Tuesday	Beginners	10:30am	11:30am	Rebecca	8 wks £56
Pilates	Tuesday	Beginners	6pm	7pm	Rebecca	8 wks £56
Pilates	Tuesday	Beginners	7pm	8pm	Rebecca	8 wks £56
Pilates	Tuesday	Beginners	8pm	9pm	Rebecca	8 wks £56
Pilates	Wednesday	Beginners	9:30am	10:30am	Tracey	8 wks £56
Pilates	Wednesday	Beginners	10:30am	11:30am	Tracey	8 wks £56
Pilates	Wednesday	Beginners	5:30pm	6:30pm	Rebecca	8 wks £56
Pilates	Wednesday	Improvers	6:30pm	7:30pm	Rebecca	8 wks £56
Pilates	Wednesday	Improvers	7:30pm	8:30pm	Rebecca	8 wks £56
Pilates	Wednesday	Beginners	7:30pm	8:30pm	Niall	8 wks £56
Pilates	Wednesday	Improvers	8:30pm	9:30pm	Rebecca	8 wks £56

Pilates	Wednesday	Beginners	8:30pm	9:30pm	Niall	8 wks £56
Pilates	Thursday	Beginners	9:30am	10:30am	Rebecca	8 wks £56
Yoga Bugs	Thursday	2 ½ -4yrs	3:20pm	4pm	Connie	12 wks £72
Yoga Bugs	Thursday	5-7yrs	4pm	4:40pm	Connie	12 wks £72
Yogad Up	Thursday	8-12yrs	4:40pm	5:30pm	Connie	12 wks £72
Pilates	Thursday	Improvers	6pm	7pm	Rebecca	8 wks £56
Pilates	Thursday	Beginners	6pm	7pm	Sue	8 wks £56
Pilates	Thursday	Improvers	7pm	8pm	Rebecca	8 wks £56
Pilates	Thursday	Beginners	7pm	8pm	Sue	8 wks £56
Pilates	Thursday	Improvers	8pm	9pm	Rebecca	8 wks £56
Pilates	Thursday	Beginners	8pm	9pm	Sue	8 wks £56
Pilates	Friday	Beginners	9:30am	10:30am	Tracey	8 wks £56
Pilates	Friday	Beginners	10:30am	11:30am	Tracey	8 wks £56
Pilates	Saturday	Improvers	9am	10am	Sue	8 wks £56
Saturday Private Hire						
Sunday Private Hire						

Please contact us on our direct lines

**Rebecca 07876 774 396
Niall 07729 469 383**

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