

PILATES MATWORK CLASS TIMETABLE 2020

Pilates Class	Time	Day	Location	Instructor
Mon 10am - LIVESTREAM (FLEX)	10:00 - 11:00	Monday	LIVESTREAM	Claire
Mon 19:00pm – LIVESTREAM	19:00 - 19:55	Monday	LIVESTREAM	Candy
Mon 19:00pm – Studio	19:00 - 19:55	Monday	Power of Pilates Studio	Candy
Mon 20:05pm – LIVESTREAM	20:05 - 21:00	Monday	LIVESTREAM	Candy
Mon 20:05pm – Studio	20:05 - 21:00	Monday	Power of Pilates Studio	Candy
Tue 10:00am – LIVESTREAM	10:00 - 10:55	Tuesday	LIVESTREAM	Candy
Tue 10:00am – Studio	10:00 - 10:55	Tuesday	Power of Pilates Studio	Candy
Tue 18:00pm – LIVESTREAM	18:00 - 18:55	Tuesday	LIVESTREAM	Delores
Tue 18:00pm - Studio	18:00 - 18:55	Tuesday	Power of Pilates Studio	Delores
Tue 19:00pm - LIVESTREAM (FLEX)	19:00 - 20:00	Tuesday	LIVESTREAM	Claire
Wed 9:15am – LIVESTREAM	09:15 - 10:10	Wednesday	LIVESTREAM	Candy
Wed 9:15am – Studio	09:15 - 10:10	Wednesday	Power of Pilates Studio	Candy
Wed 10:20am – LIVESTREAM	10:20 - 11:15	Wednesday	LIVESTREAM	Candy
Wed 10:20am – Studio	10:20 - 11:15	Wednesday	Power of Pilates Studio	Candy
Wed 18:30pm – LIVESTREAM	18:30 - 19:25	Wednesday	LIVESTREAM	Claire Mc
Wed 18:30pm – Studio	18:30 - 19:25	Wednesday	Power of Pilates Studio	Claire Mc
Wed 19:35pm – LIVESTREAM	19:30 - 20:30	Wednesday	LIVESTREAM	Claire Mc
Wed 19:35pm – Studio	19:30 - 20:30	Wednesday	Power of Pilates Studio	Claire Mc
Wed 20:40pm – LIVESTREAM	20:35 - 21:35	Wednesday	LIVESTREAM	Claire Mc
Wed 20:40pm – Studio	20:35 - 21:30	Wednesday	Power of Pilates Studio	Claire Mc
Thur 10am – LIVESTREAM	10:00 - 10:55	Thursday	LIVESTREAM	Raj
Thur 10am – Studio	10:00 - 10:55	Thursday	Power of Pilates Studio	Raj
Thur 17:30pm - FBC	17:30 - 18:25	Thursday	FBC, Wokingham	Louise
Thur 18:30pm – LIVESTREAM	18:30 - 19:25	Thursday	LIVESTREAM	Lisa
Thur 18:30pm – Studio	18:30 - 19:25	Thursday	Power of Pilates Studio	Lisa
Thur 18:40pm - FBC	18:35 - 19:30	Thursday	FBC, Wokingham	Louise
Thur 19:35pm - LIVESTREAM	19:30 - 20:25	Thursday	LIVESTREAM	Lisa
Thur 19:35pm - Studio	19:30 - 20:30	Thursday	Power of Pilates Studio	Lisa
Fri 9:15am – LIVESTREAM	09:15 - 10:10	Friday	LIVESTREAM	Lisa
Fri 9:15am – Studio	09:15 - 10:10	Friday	Power of Pilates Studio	Lisa
Fri 10am - LIVESTREAM (FLEX)	10:00 - 10:55	Friday	LIVESTREAM	Raj
Fri 10:20am – LIVESTREAM	10:20 - 11:15	Friday	LIVESTREAM	Lisa
Fri 10:20am – Studio	10:20 - 11:15	Friday	Power of Pilates Studio	Lisa

Pilates Class	Time	Day	Location	Instructor
Sat 9am - LIVESTREAM (Pilates Fit)	09:00 - 09:55	Saturday	LIVESTREAM	Delores
Sat 9am - Studio (Pilates Fit)	09:00 - 09:55	Saturday	Power of Pilates Studio	Delores
Sat 10:05am – LIVESTREAM	10:05 - 11:00	Saturday	LIVESTREAM	Delores
Sat 10:05am – Studio	10:05 - 11:00	Saturday	Power of Pilates Studio	Delores

OUR CLASSES



STUDIO CLASSES

Join us at our light, modern studio for our matwork classes. Your instructor will guide you through the class demonstrating and explaining every exercise. These classes are suitable for all abilities unless specified. Your safety is our priority. Numbers are restricted to 6 people to allow for 3m distancing for each person in pre-marked out spaces. We have sanitising stations near each person and we ask you to bring your own mat for hygiene reasons.



LIVESTREAM

Connect with the Studio class via Zoom! All the benefits of your regular class without leaving the house! It's easy to join and the instructor will be in front of the camera all the way through the class, demonstrating and talking you through every exercise. This class is suitable for all abilities and it is LIVESTREAMED from the studio. The camera will only be on the instructor taking the class and you have the option to choose whether we can see you or not. This class is not recorded.

HOW TO FIND US:

First Floor, 1 Chalfont Court, Chalfont Way, Lower Earley, Berkshire, RG6 5SY

We are above Romans Estate agents, by the Asda complex. From Chalfont Way, take the turning into Chalfont Close (towards Asda / the library / doctors surgery / The Earley Retreat). As you approach Romans Estate Agents, take the slip road to the left into the car park. The entrance to the studio is at the back of the building via the car park. Please go up the stairs to the studio.

