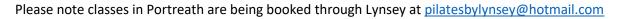
Timetable September 2020

To book your classes

- visit www.lapilates.co.uk
- click on 'BOOK NOW'
- Select your class
- Pay and your done! Yay!





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mat	Pilates Mat	Pilates Mat	Pilates Mat	HIPP	Ibiza Fit	
10-11	9.30-10.30	10-11	10-11	9.30-10.15	10-10.45	
Mixed	Intermediate	Beginners	Advanced	ONLINE	Mixed	
Portreath	ONLINE	Portreath	The Studio		The Studio	
Pilates Mat	Pilates Mat	Pilates Mat	Pilates			
6-7	6-7	6-7	6-7			
Beg / Inter	Inter / Advanced	Inter / Advanced	Beginners			
Chycara	Portreath	Chycara	ONLINE			
		Pilates HIPP				
		Inter				
		7.15-8				
		Chycara				