

## Timetable September 2020

To book your classes

- visit [www.lapilates.co.uk](http://www.lapilates.co.uk)
- click on 'BOOK NOW'
- Select your class
- Pay and your done! Yay!



Please note classes in Portreath are being booked through Lynsey at [pilatesbylynsey@hotmail.com](mailto:pilatesbylynsey@hotmail.com)

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