

Live online classes schedule 20th April – 2nd May

Monday	Tuesday	Wednesday	Thursday	Friday
09.30 Pilates back & posture for improvers	09.45 Pilates Foundation - core & back health mixed ability	09.45 Pilates Intense intervals intermediate & advanced	09.45 Pilates Intense intervals intermediate & advanced	
10.30 Wellness Pilates standing Balance & mobility beginners/improver				10.45 Yoga release all levels
17.15 Pilates back & core for improvers	17.15 Pilates for core and posture improvers	17.00 Pilates Beginner & improvers	17.30 Foundation Training Back Health & posture all levels	
18.30 Pilates classical mat work Intermediate & advanced	18.15 Yoga unwind all levels	18.00 Pilates with Kettle bells for experienced kettle bell users intermediate/advanced		
Book by email to fitskool@gmail.com	Book by email to fitskool@gmail.com	Book by email to fitskool@gmail.com	Book by email to fitskool@gmail.com	

Payments details: £45 pcm to arrive to Fitskool account by 20th April please

Fitskool account: (Santander) 89210235

Sort code: 09-01-27

Contact fitskool@gmail.com