

fitskool

Pilates • Therapy • Wellness

Zoom classes links 7th Sept – 30th November 2020

NO CLASSES 26-30 OCTOBER

***Click on the relevant class to be taken to the Zoom link**

Monday	Tuesday	Wednesday	Thursday	Friday
09.10 Pilates back & posture for improver Movers	09.10 Pilates Foundation core, posture & back health. Mixed ability	09.10 Pilates aerobic & strength intervals. Mixed levels	09.30 Pilates for healthy back & core - mixed level	09.10 Pilates Intense power intervals. Intermediate & advanced
				10.45 Gentle Yoga for all levels
18.10 Pilates back & Posture Improver Movers	17.00 Pilates for core and posture Improver Movers		16.15 Foundation Training Back Health & Posture – mixed levels	
	18.10 Pilates for core and posture Improver Movers	17.30 Pilates core strength & joint mobility Mixed level	17.30 Foundation Training Back Health – mixed levels	
19.20 Pilates classical mat work Intermediate & Advanced Movers	18.15 Yoga unwind All levels	18.45 Express Kettles with Pilates core		

Book and join via **Zoom** – [click the relevant class each week to be taken to the link!](#) You may need to download the appropriate App to join on a tablet - or you can join from your desk top or lap top

Please contact Kate with any queries by email to fitskool@gmail.com