

# Pilates With Zoe

REFORMER
MATWORK
PHIT

1) **CMAC Claygate Martial Arts Centre, 162 Hare Lane Claygate Surrey KT10 0RD**

2) **The Garden Studio, 20 Tower Gardens, Claygate, Surrey, KT10 0BH**

AM	Monday	Tuesday	Wednesday	Thursday	Friday
9.00	PHIT - Pilates High Intensity CMAC 30 mins	Group Reformer Beg/int Garden Studio 55 mins	PHIT - Pilates High Intensity CMAC 30 mins	PHIT - Pilates High Intensity CMAC 30 mins	Pilates Mat Beginner Intermediate CMAC 55 mins
9.15					
9.30	Pilates Mat Beginner Intermediate CMAC 55 mins		Pilates Mat Beginner Intermediate CMAC 55 mins	Pilates Mat Intermediate Advanced CMAC 55 mins	
9.45					
9.55					
10.10	Pilates Mat Intermediate CMAC 55 mins	Group Reformer Level Intermediate Garden Studio 55 mins	Pilates Mat Remedial CMAC 55 mins	Pilates Mat Beginner Intermediate CMAC 55 mins	Group Reformer Level Int/Adv Garden Studio 55 mins
10.25					
10.45					
11.00					
11.05					
11.20	Group Reformer Level Beginner Garden Studio 55 mins	Group Reformer Level Beg/Int Garden Studio 55 mins	Group Reformer Level Intermediate Garden Studio 55 mins	Group Reformer Level Beginner Garden Studio 55 mins	Group Reformer Level Beg/Int Garden Studio 55 mins
11.45					
12.00					
12.15					
12.30					
12.40					
13.00					

PM	Monday	Tuesday	Wednesday	Thursday	Friday
19.00		Group Reformer Level Beg/Int Garden Studio 55 mins			
19.15					
19.30					
19.45					
19.55					

**PHIT:** Mon/Wed/Thurs 9am Duration 30 mins

**Pilates Matwork:** Duration: 55 Mins

Mon/Wed/Thurs 9.30 and 10.30. Fri 9am.

**Reformer Pilates:** Duration: 55 mins

Mon/Wed/Thurs 11.45am

Tues/Fri 10.10am, 11.20am

Wed 7pm

**Reformer Levels:**

Beginner: No Pilates Matwork or Reformer Experience

Beginner/Intermediate: Some Pilates matwork and/or Reformer Experience

Intermediate: Good level of fitness and some Reformer experience

Intermediate/Advanced: Good level of fitness and moving to advanced Ref