



Tatton House Studio Time Table

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	9.30am to 10.30am Physio Pilates - Matt class		9.30am to 10.30am Classical Pilates - Matt class	9.30am to 10.30am Physio Pilates - Matt class	9.30am to 10.30am Classical Pilates – Matt class		
	11.30am to 12.30pm Senior Pilates - Matt class		10.30am to 11.30am Senior Pilates - Matt class				
PM	6pm to 7pm Classical Pilates – Matt class	6.30pm to 7.30pm Classical Pilates - Matt class		6.30pm to 7.30pm Classical Pilates - Matt class			7pm to 8pm Meditation
	7pm to 8pm Classical Pilates - Matt class	7.30pm to 8.30pm Classical Pilates - Matt class					

Private lessons can be arrange directly with Vered 07786814687

All classes are block booking by term, see term dates.

Pilates equipment sessions are booked privately with Vered.