



Pilates Class Timetable

| Mondays | Level | Location | Class Capacity |
|-----------------|---------------|-----------------|-----------------------|
| 9.30am-10.30am | Mixed Ability | Online via Zoom | 12 |
| 10.30am-11.30am | Advanced | Chipping Norton | 7 |
| 12.30pm-1.30pm | Mixed Ability | Chipping Norton | 7 |
| 1.30pm-2.30pm | Mixed Ability | Chipping Norton | 7 |

| Tuesdays | Level | Location | Class Capacity |
|-----------------|---------------|-----------------|-----------------------|
| 9.15am-10.15am | Men's Pilates | Chipping Norton | 7 |
| 1.30pm-2.30pm | Beginners | Chipping Norton | 7 |
| 2.30pm-3.30pm | Intermediate | Chipping Norton | 7 |

| Wednesdays | Level | Location | Class Capacity |
|-------------------|---------------|-----------------|-----------------------|
| 9.30am-10.30am | Mixed Ability | Chipping Norton | 7 |
| 10.30am-11.30am | Mixed Ability | Chipping Norton | 7 |

| Thursdays | Level | Location | Class Capacity |
|------------------|---------------|---------------------|-----------------------|
| 9.00am-10.00am | Intermediate | Chipping Norton | 7 |
| 9.00am-10.00am | Mixed Ability | Woodstock Town Hall | 12 |
| 10.00am-11.00am | Mixed Ability | Online via Zoom | 12 |
| 3.00pm-4.00pm | Mixed Ability | Chipping Norton | 7 |
| 7.00pm-8.00pm | Mixed Ability | Chipping Norton | 7 |
| 8.00pm-9.00pm | Mixed Ability | Chipping Norton | 7 |

| Fridays | Level | Location | Class Capacity |
|-----------------|---------------|-----------------|-----------------------|
| 9.00am-10.00am | Mixed Ability | Chipping Norton | 7 |
| 10.15am-11.15am | Mixed Ability | Chipping Norton | 7 |
| 11.15am-12.15pm | Beginners | Chipping Norton | 7 |

All of the pilates classes listed above are run as a course, usually in 6 to 8-week blocks, during school term times. Payment is upfront for the full block of sessions.

If you have no prior experience of pilates, we recommend a 30-minute introductory private session before joining a class, get to grips with the basics.

Important Note: If you have any pain currently or an existing medical condition, this introductory private session is a requirement as we will need to assess whether it is safe for you to join a group class.

Pilates Fees

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| Studio Classes in Chipping Norton or Woodstock | £12 per class |
| Online Classes via Zoom | £9 per class |
| Introductory One-to-one Session (30mins) | £50 per session |
| One-to-one Sessions (60 mins) | £85 per session |

For more information about our pilates classes, private one-to-one pilates sessions and physiotherapy services, please visit www.chippingnortonphysio.com