

# Class Timetable

## Monday

09:30 - 10:30

10:45 - 11:45

12:00 - 13:00

19:00 - 20:00

20:15 - 21:15

## Tuesday

09:15 - 10:15

10:30 - 11:30

11:45 - 12:45

19:00 - 20:00

20:15 - 21:15

## Wednesday

09:30 - 10:30

10:45 - 11:45

19:00 - 20:00

20:15 - 21:15

## Thursday

09:15 - 10:15

10:30 - 11:30

11:45 - 12:45

19:15 - 20:15

## Friday

09:15 - 10:15

10:30 - 11:30

Blue = Pilates  
Green = Yogalates

## Saturday

08:00 - 09:00

09:10 - 10:10

10:20 - 11:20

Classes run as a rolling 10 week course and run 50 weeks per year

8 people per class - All ages & abilities

All classes taught by Physiotherapists

£120 for 10 weeks - Free trial class

For information 01923  
or to book call 283845

or e-mail: [pilates@chiltern.physio](mailto:pilates@chiltern.physio)



Chorleywood Clinic

Chiltern Physiotherapy .co.uk

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