



THE LENSBRURY

Reformer Pilates Schedule

**Members are limited to 2 complimentary classes per week.*

Monday			Friday		
Reformer Pilates	Felicity	07:45 – 08:30	Beginner Reformer Pilates	Gill	07:45 – 08:30
Beginner Reformer Pilates	Felicity	08:45 – 13:30	Reformer Pilates	Gill	12:00 – 12:45
Beginner Reformer Pilates	Gill	19:00 – 19:45	Saturday		
Tuesday			Reformer Pilates	Zoe	09:30 – 10:15
Beginner Reformer Pilates	Zoe	07:45 – 08:30	Beginner Reformer Pilates	Zoe	10:30 – 11:15
Reformer Pilates	Vicky	08:45 – 09:30	Sunday		
Beginner Reformer Pilates	Vicky	09:45 – 10:30	Beginner Reformer Pilates	Felicity	10:00 – 10:45
Beginner Reformer Pilates	Vicky	12:00 – 12:45	Reformer Pilates	Felicity	11:00 – 11:45
Wednesday					
Reformer Pilates	Zoe	11:00 – 11:45			
Reformer Pilates	Vicky	12:00 – 12:45			
Beginner Reformer Pilates	Vicky	13:00 – 13:45			
Beginner Reformer Pilates	Vicky	17:45 – 18:30			
Reformer Pilates	Gill	20:00 – 20:45			
Thursday					
Reformer Pilates	Kate G	07:45 – 08:30			

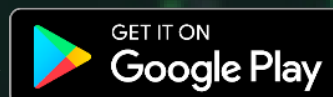
Join us for your favourite class led by our team of experienced instructors.

Book your place and find our latest timetable using The Lensbury Club App.

To make the most out of your Reformer Pilates classes, we recommend booking a one-to-one Introduction to Reformer session prior to attending your first beginner reformer class.



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Reformer Pilates (Chargeable) Schedule

**These sessions require a voucher. Vouchers can be purchased at members reception for £12 and sessions can be booked up to 1-month in advance. There is no restriction in the number of bookings. If you are new to reformer, please purchase an Intro to reformer one-to-one voucher prior to participating in any beginner sessions. Ask reception for more details.*

Monday			Friday		
Reformer Pilates	Kate Gerry	12:45 – 13:45	Reformer Pilates	Gill	08:45 – 09:45
Reformer Pilates (New)	Lyn	13:45 – 14:45	Reformer Pilates	Gill	13:00 – 14:00
Tuesday			Reformer Pilates (New)	Trish	17:15 – 18:15
Reformer Jump board	Vicky	13:00 – 14:00	Saturday		
Reformer Pilates	Zoe	18:30 – 19:30	Reformer Pilates	Zoe	08:30 – 09:30
Wednesday			Beginner Reformer Pilates	Zoe	11:30 – 12:30
Beginner Reformer Pilates	Felicity	08:45 – 09:45	Beginner Reformer Pilates	Trish	12:30 – 13:30
Beginner Reformer Pilates	Felicity	09:45 – 10:45	Sunday		
Thursday			Reformer Pilates (New)	Zoe	12:00 – 13:00
Reformer Pilates	Kate Gerry	12:30 – 13:30	Reformer Pilates (New)	Zoe	13:00 – 14:00
Reformer Pilates	Gill	13:30 – 14:30			

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