

Class Timetable

Teachers are Barbara & Steve, both are qualified to Level 3 Diploma Matwork Pilates on the Register of Exercise Professionals (REPs) www.exerciseregister.org

****barbarapilates.com**

07711 756572**

Pilates Classes (All mats and equipment provided / No trainers required)

	DAY	TIME	CLASS		LOCATION
Scarb	Mon	(am) 9.15-10.15	Matwork Pilates	£4	Main Hall, St. James
Scarb	Mon	(pm) 5:30-6:30	Matwork Pilates	£4	Undercroft Room, St. James
Scarb	Tues	(am) 10-10:45	Barre Pilates	£3	Hatton Arts
Scarb	Tues	(pm) 12-1	Matwork Pilates	£4	Main Hall, St. James
Filey	Tues	(pm) 6.30-7.30	Matwork Pilates	£4	Methodist Church, Filey
Filey	Wed	(am) 9.45-10.45	Matwork Pilates	£4	Methodist Church, Filey
Hunm	Wed	(pm) 12.30-1.30	Matwork Pilates	£4	Methodist Cross Hill, Hunmanby
Must	Wed	(pm) 6-7	Matwork Pilates	£4	Muston Village Hall
Scarb	Thur	(pm) 1-1:40	Standing Pilates	£3	Hatton Arts
Hunm	Thur	(pm) 6-7	Matwork Pilates	£4	Methodist Cross Hill, Hunmanby
Bromp	Fri	(am) 9:15-10:15	Matwork Pilates	£4	Brompton Village Hall
Scarb	Fri	(pm) 6:30-7:30	Matwork Pilates	£4	Main Hall, St. James
Scarb	Sat	(am) 9:30-10:15	Pilates on the Big Ball	£4	Main Hall, St. James

Fitness Classes (these classes require trainers!)

	DAY	TIME	CLASS		LOCATION
Scarb	Mon	(am) 11:30-12:15	Legs, Bums & Tums	£3	Hatton Arts
Bromp	Fri	(am) 10:15-11	Hiit with Pilates	£4	Brompton Village Hall

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Locations

LOCATION	FULL ADDRESS
St. James, Scarborough	<u>Main Hall & Undercroft Room</u> . 24 Seamer Road, YO12 4DT <u>Main hall</u> is directly off Seamer Road and the <u>undercroft room</u> is accessed via the garden and off Valley Road
Hatton Arts, Scarborough	Hatton School of Performing Arts, 34 Durham St., YO12 7PT
Brompton Village Hall	Brompton by Sawdon, Cayley Lane , Scarborough, YO13 9DL
Methodist Church, Filey	Union Street, Filey, YO14 9DZ
Methodist Cross Hill, Hunmanby	Cross Hill, Hunmanby, YO14 0JT
Muston Village Hall	Carr Lane, Muston, YO14 0EN