

## 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](http://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     |
| Filey | Tues | (am) 9.30-10.30 | Matwork Pilates         | £4 | St Marys Church, Filey         |
| 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              |
|-------|-----|---------------|-------------------|----|-----------------------|
| Bromp | Fri | (am) 10:15-11 | Hiit with Pilates | £4 | Brompton Village Hall |

**\*\*barbarapilates.com**

**07711 756572\*\***

### Locations

| LOCATION                       | FULL ADDRESS  |
|--------------------------------|---|
| St. James, Scarborough         | <u>Main Hall &amp; Undercroft Room</u> . 24 Seamer Road, YO12 4DT<br><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   |
| St Marys Church Filey          | 23 Brooklands Filey YO14 9BA  |