



the carl todd clinic

take care of your body

PILATES TIMETABLE - CORSHAM CLINIC
6th June – 14th July 2016 (6 weeks)

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|-----------|---|---|---|---|---|
| Monday | | | Pilates Intermed/Adv 6.00-7.00pm Carly | Pilates Beginner/Imp 7.00-8.00pm Carly | Pilates Beginner/Imp 8.00-9.00pm Carly |
| Tuesday | Pilates Fitball Beginner/Imp 9.30-10.30am Carly | Yoga Mixed Ability 10.30-11.30am Diane | Pilates Intermediate 5.30-6.30pm Carly | Pilates Beginner/Improver 6.30-7.30pm Carly | Pilates Intermed/Adv 7.30-8.30pm Carly |
| Wednesday | Pilates Intermed/Adv 9.30-10.30am Carly | Pilates Beginner/Imp 10.45-11.45am Carly | | Pilates Fitball Intermed/Adv 6.00-7.00pm Laura | Pilates Advanced 7.00-8.00pm Laura |
| Thursday | Pilates Circuits Intermed/Adv 9.15-10.15am Laura | Pilates Improver/Inter 10.30-11.30am Laura | Pilates Beginner/Imp 5.30-6.30pm Carly | Pilates Beginner/Imp 6.30-7.30pm Carly | Yoga Mixed Ability 7.30-8.30pm Diane |



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PILATES TIMETABLE - SWINDON CLINIC
6th June – 29th July 2016 (7 weeks)

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| Monday | | | | Pilates Beginner/Improver 6.30-7.30pm Sam | Pilates Beginner/Improver 7.30-8.30pm Sam |
| Tuesday | | | | | |
| Wednesday | | | | Pilates Beginner/Improver 6.30-7.30pm Sam | |
| Friday | | Pilates Beginner/Improver 12.30-1.30pm Sam | | | |