

PILATES CLASS TIMETABLE

MONDAY

1.00 – 2.00PM FOUNDATION PILATES
3.30 - 4.30PM PILATES FLOW LEVEL 2
5.00 - 6.00PM PILATES FOR DANCERS
6.00 – 7.00PM LEVEL 1

WEDNESDAY

9.30 -10.30AM LEVEL 2
10.40 – 11.40AM LEVEL 1
12.00 – 1.00PM PILATES FLOW LEVEL1&2
2.00 – 3.00 PM LEVEL 1
6.45 – 7.45PM PILATES FOR SINGERS

FRIDAY

1-1 AND REFORMER SESSION
AVAILABLE BY PRIVATE ARRANGEMENT

thelookout_studio@lifestyle-physio.co.uk





The LookOut Studio

YOGA CLASS TIMETABLE

TUESDAY

10.00 – 11.00am Yoga with Bridget

Coriander Moon Yoga Tel: 07846 053552

coriandermoonyoga@gmail.com

other guest teachers and regular users of the studio include:

TAI CHI WITH MIA

LITTLE BEANS BABY CLASSES WITH ELIZABETH



THE LOOKOUT STUDIO

*inspired
by movement*