

Apex Leisure Centre – Class Timetable

Important - Please write your name and contact number on the class sign up sheets on class board outside the studio – Thank you

Mondays

6.30pm – 7.30pm

7:45pm – 8:45pm

Pilates (Beginners)

Pilates (Intermediate)

Tuesdays

7:00pm – 8:30pm

Yoga (Subject to numbers please
contact Tony (Yoga Teacher) 07787174593)

Wednesdays

7:00pm – 8.30pm

Yoga (Beginner)

Thursdays

9:30am – 11:00am

Yoga (General/Intermediate)



PILATES

If you are a complete beginner at Pilates then you may want to attend a 6 week beginner's course before going to intermediate a Pilate's class.

This course is run on Monday's at 6.30pm - 7.30pm intermittently depending on demand. Please enquire at Reception.