




The Pilates Company

CARNEGIE

Semi-Private Session Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8.00
9.30	9.30		9.30	9.30	9.00
					
		4.30			
	6.30	6.30	6.00		
7.00	7.30	7.30	7.00		
<p>Gravity Training System Contact the Studio for Details</p>					
<p>Traditional Pilates Studio Contact the Studio for Details</p>					

Bookings are essential for all sessions

Initial Consultations can be booked at a mutual convenient time.

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