

# The Pilates Company

HAMPTON

## Semi-Private Session Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00	8.30	8.00	8.30	8.00	
9.00	9.30	9.00	9.30	9.00	
10.00	10,30	10.00	10,30	10.00	
					
5.00		5.00			
6.00	6.00	6.00	6.00		
7.00	7.00	7.00	7.00		
8.00	8.00	8.00	8.00		

Bookings are essential for all sessions

Initial Consultations can be booked at a mutual convenient time.

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