

## Katie's Pilates Online Zoom Timetable



Monday	Tuesday	Wednesday	Thursday	Saturday
<p><b>7.15-8am</b> – LIVE Pilates-Yoga Flow with Anna £9</p> <p><b>9.45-10.30am</b> – LIVE Pilates with Katie £9</p> <p><b>1.15-2.00pm</b> – LIVE Pilates &amp; Stretch with Bridget £9</p> <p><b>5.55-6.25pm</b> – LIVE 30min Healthy HIIT with Freya £6</p> <p><b>6.30-7.30pm</b> – LIVE Pilates with Bianca £9</p> <p><b>7-8pm</b> – LIVE Vinyasa Yoga (prenatal friendly) with Abbie £9</p> <p><b>7.30-8pm</b> – LIVE Stretch &amp; Unwind (prenatal friendly) with Anna £6</p> <p><b>8-9pm</b> – LIVE Pilates with Bianca £9</p>	<p><b>8.00-8.30am</b> – LIVE Super Gentle Movement with Anna £6</p> <p><b>8.15-8.45am</b> – LIVE Abs &amp; Core with Bridget £6</p> <p><b>10-10.45am</b> – LIVE Barre Fit with Anna £9</p> <p><b>6-6.30pm</b> – LIVE 30min Core &amp; Glutes with Freya £6</p> <p><b>6-7pm</b> – LIVE Tuesday Beginners Pilates with Anna £9</p> <p><b>7-8pm</b> – LIVE Power Vinyasa Yoga with Abbie £9</p> <p><b>7-8pm</b> – LIVE Pilates with Bianca £9</p> <p><b>7.35-8.20pm</b> – LIVE Barre Fit (prenatal friendly) with Lexi – £9</p> <p><b>7.45-8.45pm</b> – LIVE Restorative Pilates with Katie – £9</p>	<p><b>7.30-8.30am</b> – LIVE Pilates morning workout with Anna £9</p> <p><b>7.30-8.30am</b> – LIVE Full Body Sculpt with Bridget £9</p> <p><b>9.30-10.15am</b> – LIVE Pilates with Katie £9</p> <p><b>6.00-6.45pm</b> – LIVE Power Pilates &amp; Deep Stretch with Bridget £9</p> <p><b>6-7pm</b> – LIVE Foam Roller session with Anna £9</p> <p><b>7.30-8.30pm</b> – LIVE Pilates (prenatal friendly) with Bianca £9</p> <p><b>8-9pm</b> – LIVE Pilates with Katie £9</p>	<p><b>8-8.45am</b> – LIVE Pilates with Maddy £9</p> <p><b>7-8pm</b> – LIVE Pilates with Katie £9</p>	<p><b>8.30-9.30am</b> LIVE Pilates with Anna £9</p> <p><b>10-11am</b> – LIVE Pilates with Bianca £9</p>
			Friday	Sunday
			<p><b>7.30-8.15am</b> – LIVE Morning Vinyasa Yoga with Abbie £9</p> <p><b>7.30-8.15am</b> – LIVE Pilates Flow &amp; HIIT with Bridget £9</p> <p><b>10-10.30am</b> – LIVE Kids Pilates with Katie £5</p> <p><b>1-1.45pm</b> LIVE Pilates &amp; stretch with Bridget – £9</p> <p><b>3.45-4.30pm</b> LIVE Pilates (prenatal friendly) with Katie £9</p>	<p><b>9.30-10.00am</b> – LIVE Healthy HIIT with Freya £6</p> <p><b>10-10.45am</b> – Physio Led Pilates (Prenatal friendly) with Emily £9</p> <p><b>10.30-11.15am</b> – LIVE Pilates with Katie £9</p>