

Kate Hodder Pilates

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Mon	Tue	Wed	Thur	Fri	Sat
		7.45- 8.45am Beginners Plus			
	11-12 Post Natal	9-10am Beginners		10.30- 11.30am Post Natal	10.30- 11.30am Intermediate
12.30- 1.30pm Beginners	1-2pm Inter		12-1pm Beginners Plus	12.15- 1.15pm Intermediate	11.35- 12.35pm Beginners Plus
6.30- 7.30pm Ante-natal		6.30- 7.30pm Beginners Plus	6-7pm Beginners		
7.35- 8.35pm Intermediate		7.35- 8.35pm Ante-natal	7.05-8.05 Intermediate		

Beginners- Suitable for those who have no experience in Pilates or have attended only 1 or 2 classes.

Beginners Plus- Suitable for those who have attended at least 3 months of regular Pilates classes before and want to progress onto intermediate level.

Intermediate- Suitable for those who have attended at least 6 months of regular Pilates classes and want to work at a more intense level.

Ante-natal- Suitable for women after their 14th week of pregnancy right up to their due date.

Post Natal- Suitable for women 6-8 weeks after giving birth. Babies very welcome. Option of staying for tea/coffee after class to give mums a chance to chat and feed babies before rushing off.