

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 to 10.00am PILATES IN STUDIO BEGINNERS / IMPROVERS with Tris			9.15 to 10.15 FL EXERCISE to music IN STUDIO with Lidia	9.15 to 10.15 PILATES IN STUDIO INTERMEDIATE with Nadia	9.15 to 10.30 PILATES IN STUDIO IMPROVERS / INTERMEDIATE with Nadia	8.45 to 10.00 (YOGA with CATHARINA) STUDIO BOOKED
		9.45 to 10.45 PILATES IN STUDIO INTERMEDIATE with Shoku		10.25 to 11.25 PILATES IN STUDIO IMPROVERS with Nadia	10.45 to 11.45 BALANCE & STRENGTH with Nadia	
11.30 to 12.30 BALANCE & STRENGTH with Nadia		11.00 to 12.00 ALL MALE PILATES IN STUDIO BEGINNERS / IMPROVERS with Suzy		12.00 to 13.00 PILATES IN STUDIO BEGINNERS with Tris		
	12.30 to 1.30 DANCE TONE & STRETCH IN STUDIO Tamsyn	12.10 to 13.10 PILATES IN STUDIO IMPROVERS with Shoku				Rehab PT Training is available with Conor Daly. Pls ask at reception. Physio assessment required.
						Personal Training sessions are also available with George Palmer. Pls ask at reception.
18.30 to 19.45 GENERAL LEVEL FLOW YOGA with Sophie		18.30 to 19.30 (YOGA with SWETA) STUDIO BOOKED Ad Hoc	19.15 to 20.15 (YOGA with CATHARINA) STUDIO BOOKED			

INFORMATION

Class Cancellation Policy

These are run as a course over one term and need to be pre-paid in advance. Pre-paid places can be cancelled up to one week before the start of the course. Thereafter, non-attendance is non-refundable except in exceptional cases, or if the class place can subsequently be filled.

Private 1-2-1's / Duets / Trios

24 hours' notice of cancellation is required, or a cancellation charge will be made.

Physio Rehab and Personal Training

Please ask for further information re sessions with either George Palmer or Conor Daly.

Making a Payment

A payment can be made through our online booking, over the phone using your bank card or by bacs transfer to:

Account Name: Physio on the River Ltd

Account Number: 47074213

Sort Code: 60-01-39



AUTUMN TERM

STUDIO TIMETABLE

July to December 2025



All class terms are pre-paid in advance, in full, to secure your place as numbers are limited to a maximum of six per class (and x4 for Men's Pilates).

For prices or to book a class, please ask at reception

or visit www.physio-on-the-river.co.uk

<https://physioontheriver.connect.tm3app.com/book>

