


pilates timetable

monday	tuesday	wednesday	thursday	friday
<p>13:15 to 14:00 Pilates Workout Level 1-2 Irek Bialek</p>	<p>17:30 to 18:15 Pilates Level 1-2 Irek Bialek</p>	<p>8:10 to 8:55 Pilates Level 1-2 Irek Bialek</p>	<p> 13:15 to 14:00 Pilates TRX Irek Bialek</p>	<p>7:00 to 7:45 Pilates Level 1-2 Irek Bialek</p>
<p>17:15 to 17:45 Pilates Blast Irek Bialek</p>	<p>18:30 to 19:30 Pilates Mat Beginners Course Irek Bialek</p>	<p>12:15 to 13:00 Pilates Level 1-2 Irek Bialek</p>	<p>18:30 to 19:15 Pilates Workout Level 1-2 Irek Bialek</p>	<p>12:15 to 1:00 Restorative Pilates Irek Bialek</p>

All classes taught in studio and streamed online via Zoom unless otherwise stated. Please book all classes ahead of time. Beginner courses run in six week blocks and must be booked in advance. Check the Pilates in Moorgate website for course dates.