

monday      tuesday      wednesday      thursday      friday      saturday      sunday

	7.00 - 8.00 am morning flow barbara					
				9.30 - 10.30 am morning flow barbara	9.30 - 10.30 am pilates level 1 john	9.30 - 10.45 am morning flow barbara
	10.00 - 11.00 am bodycare pilates john		10.00 - 11.00 am bodycare pilates john			
						11.45 - 12.45 pm gentle yoga barbara
12.30 - 1.15 pm pilates level 1 john		12.30 - 1.15 pm pilates level 1 john		12.30 - 1.15 pm pilates level 1-2 lisa		
1.15 - 2.00 pm lunchtime flow molly	1.15 - 2.00 pm pilates level 1-2 liz					2.00 - 3.15 pm pregnancy yoga filipa
		5.45 - 6.45 pm gentle yoga molly	5.45 - 6.45 pm gentle yoga kelly			
	7.45 - 8.45 pm pilates level 1 john					

## pregnancy class timetable

Please note that permission must be obtained from the teacher before attending any of these classes. Attendance is only allowed after the first trimester, and always at the discretion of the teacher.

drop-in prices  
 £12.50 | 45 min  
 £15.00 | 60 min  
 £16.75 | 75/90 min

class passes (valid for 3 months)  
 5 hours | £ 67.50 save 10%\*  
 10 hours | £120.00 save 20%\*  
 20 hours | £210.00 save 30%\*  
 \*based on the drop-in rate of £15 for a 60-minute class.

unlimited passes  
 1 month unlimited | £120  
 1 month weekday off-peak | £75  
 Monthly autopay | £99

pre&postnatal one-to-one sessions for yoga and pilates are available from £60 per hour - please contact reception for more details

For full information and to purchase passes please visit [embodywellness.co.uk](http://embodywellness.co.uk) or contact reception on 020 7099 0048.