



Studio Timetable

STOTT PILATES®
merrithew CORPORATION

Monday

TIME	CLASS	TYPE	LEVEL	INSTRUCTOR
09.00-10.15	Yoga	Sun Power	All	Julia
10.30-11.30	Pilates	Matwork	Essential-Intermediate	Jackie
11.30-12.30	Pilates	Intro Mat Course	Beginners	Jackie
12.30-13.30	Pilates	Matwork	Essential	Jackie
13.45-14.45	Pilates	Group Reformer	All	Andrea
16.15-17.00	Yoga	Childrens	4-7 yrs	June
17.15-18.00	Yoga	Childrens	7-11yrs	June
18.00-19.00	Pilates	Matwork	Essential-Intermediate	Michelle
19.15-20.15	Pilates	Matwork	Essential	Vicky
20.15-21.45	Yoga	Ashtanga Full Primary Series	Intermediate	Martin

Tuesday

TIME	CLASS	TYPE	LEVEL	INSTRUCTOR
09.00-10.00	Pilates	Matwork	Intermediate	Michelle
10.15-11.15	Pilates	Group Reformer	All	Michelle
13.45-14.45	Pilates	Matwork	Essential-Intermediate	Michelle
16.45-17.45	Yoga	Childrens	Teens	Melanie
18.00-19.00	Yoga	Rejuvenation	Beginner-Intermediate	Melanie
19.15-20.15	Pilates	Group Reformer	All	Jackie
20.15-21.15	Pilates	Group Reformer	All	Jackie

Wednesday

TIME	CLASS	TYPE	LEVEL	INSTRUCTOR
09.00-10.00	Pilates	Matwork	Intermediate	Michelle
10.15-11.15	Yoga	Hatha	All	Linda
11.30-12.30	Pilates	Group Reformer	All	Michelle
14.00-14.45	Yoga	Childrens	2.5-4.5yrs	Heidi
16.45-17.45	Dance	Street	12+ Teens	Miranda
19.30-20.30	Pilates	Matwork	Essential	Colin
20.30-21.30	Pilates	Group Reformer	All	Colin

Breathing Space

2 Thompsons Close, Harpenden, Herts AL5 4ES
T: 01582 462223 www.breathingspacespa.co.uk



Thursday

TIME	CLASS	TYPE	LEVEL	INSTRUCTOR
09.00-10.00	Pilates	Group Reformer	All	Andrea
10.00-11.00	Pilates	Matwork	Essential- Intermediate	Andrea
19.00-20.00	Pilates	Intro Mat Course	Beginners	Vicky
20.15-21.15	Pilates	Group Reformer	All	Vicky

Friday

TIME	CLASS	TYPE	LEVEL	INSTRUCTOR
09.00-10.00	Pilates	Matwork	Essential	Linda
10.00-11.00	Yoga	Hatha	All	Linda
16.15 – 17.15	Dance	Ballet	12+ Teens	Miranda
17.15-18.15	Dance	Street	12+ Teens	Miranda

Saturday

TIME	CLASS	TYPE	LEVEL	INSTRUCTOR
08.45-10.00	Yoga	Power/Ashtanga	Intermediate-Advanced	Martin, Melanie & Tina
10.15-11.15	Pilates	Matwork	Essential-Intermediate	Various
11.30-12.30	Pilates	Group Reformer	All	Various
12.30-13.30	Pilates	Intro Mat Course	Beginners	Various

Sunday

TIME	CLASS	TYPE	LEVEL	INSTRUCTOR
09.00-10.15	Yoga	Power/Ashtanga	Beginner-Intermediate	Various
10.30-11.30	Pilates	Group Reformer	All	Various

Pilates Intro Mat Course (Pre requisite for Matwork Classes) The first steps on your Pilates journey with us! Learn the basic principles and exercises that are fundamental to the STOTT PILATES® method, the world leaders in Pilates education! Create a foundation of good body awareness, alignment, core stability and increased flexibility.

Pilates Matwork Classes build on the foundations and develop your core strength and stability in order to move onto the more challenging levels. Props may be incorporated to add variety such as toning balls, stability rollers, flex bands, fitness circles and chi balls. Participants are encouraged to stay in the Essential class until they feel confident enough with the basic exercises and principles to progress to the additional exercises in the Essential-Intermediate and more co-ordinated and challenging Intermediate levels.

Intro to Reformer Workshop (Pre-requisite for Group Reformer Classes) These sessions are run once a month. Please see our notice board for dates of the next available workshop date. This workshop will teach you about STOTT PILATES® principles, how to set up and safely use the Reformer, as well as learning some basic exercises in the Essential repertoire.

Group Reformer Classes The reformer is a great versatile piece of equipment that is designed to work on integrating all the muscles and provide a full body workout. This fun group class will use your own body weight and resistance springs and pulleys to reform muscular imbalances, tone, strengthen and lengthen the body. We will also include other equipment such as the box, pole and jumpboard for improving cardio fitness and endurance levels.

Yoga An ancient form of exercise to calm the mind, increase flexibility and improve balance. In many styles, it's worth trying a few to see what suits you. Ashtanga: Energetic with flowing postures, builds heat & strength to detoxify the body through set series. Power Yoga: Similar to Ashtanga, but a more freestyle version with no set sequences. Hatha: A good mix of Vinyasa flows and static postures, a well rounded general class. Rejuvenation: Slower paced, works on breaking down postures, breathing techniques, energy blocks & relaxation. Includes a monthly total relaxation guided meditation Nidra class. Iyengar: a traditional form, known for its use of props such as blocks and belts to focus on good body alignment and building strength.

Children Choose from the calming and agile effects of yoga for ages 2.5-4.5yrs, 4-7yrs, 7-11yrs and Teens or the funky dancing of Teens Street Dance or Teens Ballet. Term times only.