

**FRIDAY 10.30 – 11.15**  
**ATHLETIC PILATES.**

**Intensity 7 - 9**

**USING WEIGHTS.**

**This class is more strength based than the usual Pilates sessions and we'll use weights, or other equipment to get us to a higher level of Pilates-fitness.**

**Be prepared to work quite hard and discover, as we already know, that Pilates is NO PUSH OVER!!**

