

PILATES & YOGA

Our Pilates and yoga classes are delivered by our external partner, Hallam Pilates, in our upstairs Balanced Movement Studio.

Pilates Matwork	Time
Tuesday	
Intermediate*	09:30-10:30
Intermediate*	10:40-11:40
Wednesday	
Beginner/Intermediate*	10:00-11:00
Beginner/Intermediate*	18:00-19:00
Intermediate/Advanced*	19:00-20:00
Thursday	
Intermediate	18:30-19:30
Friday	
Intermediate*	09:00-10:00
Advanced*	10:15-11:15
Beginner/Intermediate*	12:00-13:00
Saturday	
Advanced*	10:00-11:00
Yoga	Time
Monday	
Yoga	10:30-11:45
Yoga	18:00-19:15
Yoga	19:30-20:45
Thursday	
Baby Yoga	10:30-11:45
Intermediate	08:15-09:30

Classes marked with * are Pilates Fusion sessions taken by Liz who incorporates Jems techniques.

Pilates

All our Pilates classes instructors are Physiotherapists trained with The Australian Physiotherapy and Pilates institute APPI. As a Jems® practitioner Liz brings a fusion of Pilates & Jems® to all her Pilates Matwork Classes, offering a new way of moving and thinking about movement that will enhance your Pilates practice and your life beyond the studio.

Yoga

Yoga is taught by Lisi Briggs, a British Wheel of Yoga qualified teacher with extensive experience. Classes foster strength, mobility, and ease, through mindful movement, relaxation, and breath. Move – breathe – mend. Yoga is suitable for everybody. Practice will be adjusted to your needs; beginners to old-timers, all welcome.

Classes are open to both members and non-members and are booked directly with Hallam Pilates.

To book or for further information

Pilates:

Liz Jowsey on 07703 441618
or email info@hallampilates.co.uk

Yoga:

Lisi Briggs on 07503 180804
or scan the QR code below

**SCAN
TO BOOK**



Scan to book Yoga



Scan to book Pilates