

Purely Pilates Weekly Sessions

Monday

Richard Callenders Exclusive Training Richmond (To Book info@etrichmond.com)

9:30-10:15 Gravity Pilates
10:30-11:00 Ultra Pilates
11:15-12:00 Pure Pilates
18:30-19:15 Gravity Pilates

Tuesday

Richard Callenders Exclusive Training Richmond (To Book info@etrichmond.com)

09:30-10:00 Intro to Gravity
10:15-11:00 Gravity Pilates

Wednesday

Sessions Are Based In Bracknell

10:00-11:00 Purely Pilates
11:00-12:00 Purely Pilates
12:30-13:30 Purely Pilates Intermediate Mat Wokingham

Thursday

Sessions Are Based In Wokingham & Bracknell

10.30 -11.30 Purely Pilates Intermediate Virgin Wokingham
11.30 -12.30 Purely Pilates Beginner Virgin Wokingham
13.35 -14.35 Purely Pilates Advanced Esporta Bracknell
14.35 -15.35 Purely Pilates Beginner Esporta Bracknell
18.00 -19.00 Purely Pilates Advanced Virgin Wokingham
19.00 -20.00 Purely Pilates Intermediate Virgin Wokingham

Friday

Richard Callenders Exclusive Training Richmond (To Book info@etrichmond.com)

09:30-10:15 Gravity Pilates
10:30-11:00 Ultra Pilates

Purely Pilates 2012 Events Diary

Purely Pilates will be at the following events

- 3-5 Feb 3ness Hinckley Island <http://www.3ness.com/>
- 2-4 Mar Fitness Fiesta Camber <http://www.fitnessfiesta.com/>
- 16-18 Mar Champneys Tring <http://champneys.com/>
- 30 Mar-1 Apr Champneys FM <http://champneys.com/>
- 21-22 Apr 3ness Reading <http://www.3ness.com/>
- 11-13 May Champneys Tring <http://champneys.com/>
- 25-28 May Purely Pilates Portugal <http://purelypilates.co.uk/packages/>
- 22-24 June Champneys FM <http://champneys.com/>
- 29 June-1 July 3ness Hinckley <http://www.3ness.com/>
- 17-19 Aug Champneys Tring <http://champneys.com/>
- 21-23 Sep Fitness Fiesta Hemsby <http://www.fitnessfiesta.com/>
- 5-7 Oct Fitness Fiesta Camber <http://www.fitnessfiesta.com/>
- 12-15 Oct Purely Pilates Portugal <http://purelypilates.co.uk/packages/>
- 23-25 Oct Champneys Tring <http://champneys.com/>