



ANN CHESTER  
PILATES

STUDIO  
TIMETABLE

#### GROUP LESSON PRICES

Introductory course: £75  
(Includes introductory session,  
6 x 1 hour lessons and a CD)

Follow-on 6-week courses: £60  
(10% discount for 12-weeks)

#### PRIVATE LESSON PRICES

One to one private lessons: £220  
for a six-week block,  
£40 for 1 hour (as a one-off lesson)

Two to one lessons: £280  
for a six-week block,  
£50 for 1 hour (as a one off lesson)

All matwork classes run as a 6-week course, with a maximum of  
12 people per class.



'The Studio' | Grange Cottage | Button Hill | Sheffield | S11 9HF

Tel: 07900 003 915 | Email: annchesterpilates@gmail.com

Web: www.annchesterpilates.co.uk

Body Control Pilates and the Body Control Pilates logo is a registered trade mark used under licence.

DAY	TIME	LEVEL	TEACHER
MONDAY	9:30 - 10:30	Intermediate	Ann Chester
	10:45 - 11:45	Back Care	Ann Chester
	17:50 - 18:50	Advanced	Ann Chester
	19:00 - 20:00	Intermediate	Caroline North
	20:10 - 21:10	Intermediate	Caroline North
TUESDAY	9:30 - 10:30	Advanced	Ann Chester
	10:45 - 11:45	Intermediate	Chris Fraser
	12:00 - 13:00	Beginner	Chris Fraser
	14:15 - 15:15	Gentle - Over 60's	Chris Fraser
	17:50 - 18:50	Beginner	Ann Chester
	19:00 - 20:00	Back Care	Ann Chester
	20:10 - 21:10	Advanced	Ann Chester
WEDNESDAY	9:30 - 10:30	Advanced	Ann Chester
	10:45 - 11:45	Intermediate	Ann Chester
	17:50 - 18:50	Improvers	Pippa Crosby
	19:00 - 20:00	Intermediate	Chris Fraser
	20:10 - 21:10	Advanced	Chris Fraser
THURSDAY	9:30 - 10:30	Beginner	Chris Fraser
	10:45 - 11:45	Intermediate	Chris Fraser
	13:00 - 14:00	Gentle - Over 60's	Chris Fraser
	14:15 - 15:15	Gentle - Over 60's	Chris Fraser
	17:50 - 18:50	Intermediate	Chris Fraser
	19:00 - 20:00	Beginner	Pippa Crosby
	20:10 - 21:10	Intermediate	Pippa Crosby
FRIDAY	All Day	Private Lessons	