



ANN CHESTER  
PILATES

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STUDIO  
TIMETABLE

GROUP LESSON PRICES

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

Follow-on 6-week courses: £66  
(£120 for 12-weeks)

PRIVATE LESSON PRICES

One to one private lessons: £250  
for a six-week block,  
£45 for 1 hour (as a one-off lesson)

Two to one lessons: £300  
for a six-week block,  
£55 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  
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Web: [www.annchesterpilates.co.uk](http://www.annchesterpilates.co.uk)

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DAY	TIME	LEVEL	TEACHER
MONDAY	9:30 - 10:30	Back Care	Pippa Crosby
	10:45 - 11:45	Back Care	Pippa Crosby
	13:00 - 14:00	Intermediate	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
	13:00 - 14:00	Gentle - Over 60's	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	Intermediate	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