

Kate Hodder Pilates

Studio 2
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Mon	Tue	Wed	Thur	Fri	Sat
	11-12pm Post Natal Kate			9.45-10.45am Beginners Plus Kate	10.30-11.30am Intermediate Kate
	12.15-1.15pm Inter Kate	12-1pm Beginners Plus Kate		11-12pm Post Natal Kate	11.30-12.30pm Beginners Plus Kate
	1.30-2.30pm 1-1 client Kate		6-7pm Beginners Kate	12.15-1.15pm Inter Kate	12.30-1.30pm 1-1 client Kate
7-8pm Intermediate Simon	6-7pm Ante-natal Simon	6-7pm Beginners Plus Sophia	7-8pm Intermediate Kate		
8-9pm Beginners Simon			8-9pm Ante-natal Kate		

Beginners-Suitable for those who have no experience in Pilates or have attended only 1 or 2 classes. Max 10 people.

Beginners Plus-Suitable for those who have attended at least 3 months of regular Pilates classes before and want to progress onto intermediate level. Max 10 people.

Intermediate-Suitable for those who have attended at least 6 months of regular Pilates classes and want to work at a more intense level. Max 10 people.

Ante-natal-Suitable for women after their 14th week of pregnancy right up to their due date. Max 6 people.

Post Natal-Suitable for women 6-8 weeks after giving birth. Babies very welcome. Max 4 people.