Classes Timetable Hampstead

All our classes both in-studio and online

**Monday**
- 08:00 Athletic Reformer
  - Mark Archer
- 09:15 Cardio Mat Class
  - Mark Archer
  - Marc Sher
- 10:30 Improvers Reformer
  - Marc Sher
- 11:30 Sensational 60s
  - Rachael
- 12:45 Women’s Health
  - Rachael
- 14:00 Intermediate Reformer
  - Inga
- 18:00 Intermediate Mat
  - Luiza
- 19:15 Beginner Reformer
  - Luiza

**Tuesday**
- 10:15 Beginner Reformer
  - Anna
- 12:00 Intermediate Reformer
  - Mark
- 15:00 Mum and Baby
  - Anna
- 17:15 Pilates for Teens
  - Laura
- 18:00 Improver Reformer
  - Luiza
- 19:15 Advanced Reformer
  - Luiza

**Wednesday**
- 09:00 Intermediate Reformer
  - Todd
- 10:15 Reformer on the Mat
  - Luiza
- 11:00 Reformer on the Mat
  - Inga
- 13:00 Intermediate Reformer
  - Inga
- 18:45 Intermediate Reformer
  - Inga

**Thursday**
- 09:00 Improver Mat
  - Luiza
- 09:00 Cardio Mat
  - Mark
- 10:15 Beginner Reformer
  - Todd
- 11:30 Beginner Reformer
  - Anna
- 11:30 Yoga
  - Todd
- 12:00 Sensational 60s
  - Todd

**Friday**
- 08:00 Athletic Reformer
  - Mark Archer
- 09:15 Intermediate Reformer
  - Marc Sher
- 09:15 Improver Mat
  - Sam
- 09:00 Improver Mat
  - Inga
- 10:15 Reformer on the Mat
  - Todd
- 11:30 Yoga
  - Todd

**Saturday**
- 09:00 Improver Mat
  - Inga
- 10:15 Reformer on the Mat
  - Todd
- 11:30 Yoga
  - Todd

**Class Types**
- In-clinic
- In-clinic + Zoom
- Zoom Only

Classes 55 minutes in duration. Visit appiclinics.com or Mindbody Online to book.