




integrity timetable

monday	tuesday	wednesday	thursday	friday	saturday
8:00 to 8:30 Fitness Class All Levels Irek Bialek	7:45 to 8:30 Pilates Level 1-2 Irek Bialek	7:30 to 8:15 Vinyasa Flow Level 1-2 Alina Bialek	7:45 to 8:15 Fitness Class All Levels Irek Bialek	8:05 to 8:50 Vinyasa Flow Level 1-2 Alina Bialek	11:30 to 12:30 Vinyasa Flow Level 1-2 Alina Bialek
12:15 to 13:00 Yoga for Stress Alina Bialek	 12:15 to 13:00 Vinyasa Flow Level 1-2 Kate Netinho	12:15 to 13:00 Pilates Level 1-2 Irek Bialek	8:20 to 8:50 Pilates Level 1-2 Irek Bialek	12:15 to 1:00 Restorative Pilates Irek Bialek	200hr Vinyasa Flow Yoga Teacher Training with Alina Bialek Beginning in October 2021 & February 2022 Contact us at info@integritycentre.co.uk to book an interview
13:15 to 14:00 Pilates Level 1-2 Irek Bialek	17:30 to 18:15 Pilates Level 1-2 Irek Bialek	18:00 to 19:15 Vinyasa Flow Level 1-2 Alina Bialek	12:15 to 13:00 Vinyasa Flow Level 1-2 Alina Bialek	 13:15 to 14:00 Pilates TRX Irek Bialek	
17:15 to 17:45 Pilates Blast Irek Bialek	 18:30 to 19:15 Pilates TRX Irek Bialek	19:30 to 20:30 Yoga for Beginners Alina Bialek	17:30 to 18:15 Yoga for Stress Alina Bialek		
18:00 to 19:15 Vinyasa Flow Level 1-2 Alina Bialek			18:30 to 19:15 Pilates Level 1-2 Irek Bialek		
			19:30 to 20:15 Pilates for Beginners Irek Bialek		

Beginner Courses (Online)

6 Week Pilates for Beginners – £40

Thursdays – 19:30 to 20:15
Begins April 15th

6 Week Yoga for Beginners – £40

Wednesdays – 19:30 to 20:30
Begins April 21st

5 Week Confidence Building – £50

Mondays – 19:30 to 20:30
Begins April 12th

5 Week Stress Reduction – £50

Tuesdays – 19:30 to 20:30
Begins April 13th

Outdoor Classes in Finsbury Circus **NEW!**

Pilates in the Park

Mondays – 13:15 to 14:00
Begins April 12th

Yoga in the Park

Thursdays – 13:15 to 14:00
Begins April 15th

Yoga in the Park

1 Saturday per month
– 11:30 to 12:30
Begins April 17th



scan here
to book a class!