



Lucy Evans
PILATES

September TIMETABLE



MONDAY 	10:00AM – 10:50AM BEGINNERS/IMPROVERS
MONDAY 	7:30PM – 8:20PM INTERMEDIATE
TUESDAY 	6:15PM – 7:15PM TOTAL BEGINNERS
FRIDAY 	10:30AM – 11:20AM BEGINNERS/IMPROVERS



1:1 and 1:2
SESSIONS HELD ON
MONDAYS AND THURSDAYS

Stronger body. Calmer mind. Better you. 