

Welwyn Pilates Group Class Timetable February – April 2025

Day	Time	Duration	Location	Class type
Tuesday*	18:15	50 MINS	Knebworth Village Hall, Park Lane, Knebworth SG3 6PD	MIXED ABILITY
	19:20	50 MINS		MIXED ABILITY
Thursday	09:10	50 MINS	Welwyn Pavilion, 110 Ottway Walk, Welwyn AL6 9AS	MIXED ABILITY
	10:10	50 MINS		CHAIR AND STANDING – perfect for those recovering from injuries or anyone looking to do a gentler class
Friday	09:10	50 MINS	Welwyn Pavilion, 110 Ottway Walk, Welwyn AL6 9AS	MIXED ABILITY
	10:10	50 MINS		CHAIR AND STANDING – perfect for those recovering from injuries or anyone looking to do a gentler class

Term Dates

First class of term Tuesday 25th February

Last class of term Friday 11th April

Summer term classes will resume on the 6th May 2025 - more details to follow.