

Summer Term 2026

Monday - 12 weeks

The Armoury Hall, Newnham

9.30 - 10.15 am Pilates Posture Project

10.30 - 11.30 am Pilates Balance & Stretch

Whole term payment - £132, 6 weeks £72

6 wks 13, 20, 27 Apr 4(BH), 11, 18 May

25(BH) May half term - No Pilates

6 wks 8, 15, 22, 29 June 6, 13 July

Tuesday - 12 weeks

Dene Magna School, Mitcheldean

6 - 7 pm Trigger Point Pilates

7.15 - 8 pm Pilates & Mobility for Beginners

Whole term payment - £132, 6 weeks £72

6 wks 14, 21, 28 Apr 5, 12, 19 May

26 May half term - No Pilates

6 wks 9, 16, 23, 30 June, 7, 14 July

Wednesday - 12 weeks

The Armoury Hall, Newnham

7.15 to 8.15pm TriggerPointPilates™

Whole term payment - £132, 6 weeks £72

6 wks 15, 22, 29 Apr 6, 13, 20 May

27 May half term - No Pilates

6 wks 3, 10, 17, 24 June 1, 8 July

Friday - 12 weeks

Bishopswood Village Hall, Kerne Bridge

9.30 - 10.30 am Classical Pilates with a Twist

Whole term payment - £132, 6 weeks £72

6 wks 17, 24 Apr 1, 8, 15, 22 May

29 May half term - No Pilates

6 wks 5, 12, 19, 26 June 3, 10 July

Friday - 12 weeks

The Club, Newnham

11.30am - 12.30pm Pilates for Back Care

Whole term payment - £132, 6 weeks £72

6 wks 17, 24 Apr 1, 8, 15, 22 May

29 May half term - No Pilates

6 wks 5, 12, 19, 26 June 3, 10 July