

Autumn Term 2024

Classes, Dates, Times, Costs

Monday - 11 weeks

The Armoury Hall, Newnham

9.30 - 10.15 am Pilates Posture Project

10.30 - 11.30 am Pilates Balance & Stretch

11.45 to 12.45pm Pilates & Relaxation for Pregnancy

(1.15pm to 2.15pm Pilates Pelvic Floor & Core)

Whole term payment - £99 6 weeks £60 5 weeks £50

6wks 16, 23, 30 Sept, 7, 14, 21 Oct

28 Oct half term - No Pilates

5 wks 4, 11, 18, 25 Nov, 2 Dec

Tuesday - 11 weeks

Dene Magna School, Mitcheldean

6 - 7 pm Trigger Point Pilates™

7.15 - 8 pm Pilates & Mobility for Beginners

Whole term payment - £99 6 weeks £60 5 weeks £50

6wks 17, 24 Sept, 1, 8, 15, 22 Oct

29 Oct half term - No Pilates

5 wks 5, 12, 19, 26 Nov 3 Dec

Wednesday - 11 weeks (Small Bespoke Group)

The Armoury Hall, Newnham

7.15 to 8.15pm Trigger Point Pilates™ for Horse Riders

4 week block payments - £60

6wk 18, 25 Sept 2, 9, 16, 23 Oct

30 Oct half term - No Pilates

5 wks 6, 13, 20, 27 Nov, 4 Dec

Friday - 11 weeks

Bishopswood Village Hall, Kerne Bridge

9.30 - 10.30 am Classical Pilates with a Twist

Whole term payment - £99 6 weeks £60 5 weeks £50

6wks 20, 27 Sept 4, 11, 18, 25 Oct

1 Nov half term - No Pilates

5 wks 8, 15, 22, 29 Nov, 6 Dec

Friday - 11 weeks

The Club, Newnham

11.30am - 12.30pm Pilates for Back Care

Whole term payment - £99 6 weeks £60 5 weeks £50

6wks 20, 27 Sept 4, 11, 18, 25 Oct

1 Nov half term - No Pilates

5 wks 8, 15, 22, 29 Nov, 6 Dec