

Spring Term 2025

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 - £108 6 weeks £60

6 wks 6, 13, 20, 27 Jan 3, 10 Feb

17th half term - No Pilates

6 wks 24 Feb 3, 10, 17, 24, 31 Mar

Tuesday - 12 weeks

Dene Magna School, Mitcheldean

6 - 7 pm Trigger Point Pilates™

7.15 - 8 pm Pilates & Mobility for Beginners

Whole term payment - £108 6 weeks £60

6 wks 7, 14, 21, 28 Jan 4, 11 Feb

18th half term - No Pilates

6 wks 25 Feb 4, 11, 18, 25 Mar 1 Apr

Wednesday - 12 weeks

The Armoury Hall, Newnham

7.15 to 8.15pm TriggerPointPilates™

Whole term payment - £108 6 weeks £60

6 wks 8, 15, 22, 29 Jan 5, 12 Feb

19th half term - No Pilates

6 wks 26 Feb 5, 12, 19, 26 Mar 2 Apr

Friday - 12 weeks

Bishopswood Village Hall, Kerne Bridge

9.30 - 10.30 am Classical Pilates with a Twist

Whole term payment - £108 6 weeks £60

6 wks 10, 17, 24, 31 Jan 7, 14 Feb

21st Feb half term - No Pilates

6 wks 28 Feb 7, 14, 21, 28 Mar 4 Apr

Friday - 12 weeks

The Club, Newnham

11.30am - 12.30pm Pilates for Back Care

Whole term payment - £108 6 weeks £60

6 wks 10, 17, 24, 31 Jan 7, 14 Feb

21st Feb half term - No Pilates

6 wks 28 Feb 7, 14, 21, 28 Mar 4 Apr