

Autumn 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 - £120, 7 weeks £77, 5 weeks £55

7 wks 8, 15, 22, 29 Sept 6, 13, 20 Oct

27 Oct half term - No Pilates

5 wks 3, 10, 17, 24 Nov 1 Dec

Tuesday - 12 weeks

Dene Magna School, Mitcheldean

6 - 7 pm Trigger Point Pilates

7.15 - 8 pm Pilates & Mobility for Beginners

Whole term payment - £120, 7 weeks £77, 5 weeks £55

7 wks 9, 16, 23, 30 Sept 7, 14, 21 Oct

28 Oct half term - No Pilates

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

Wednesday - 12 weeks

The Armoury Hall, Newnham

7.15 to 8.15pm TriggerPointPilates™

Whole term payment - £120, 7 weeks £77, 5 weeks £55

7 wks 10, 17, 24 Sept 1, 8, 15, 22 Oct

29 Oct half term - No Pilates

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

Friday - 12 weeks

Bishopswood Village Hall, Kerne Bridge

9.30 - 10.30 am Classical Pilates with a Twist

Whole term payment - £120, 7 weeks £77, 5 weeks £55

7 wks 12, 19, 26 Sept 3, 10, 17, 24 Oct

31 Oct half term - No Pilates

5 wks 7, 14, 21, 28 Nov 5 Dec

Friday - 12 weeks

The Club, Newnham

11.30am - 12.30pm Pilates for Back Care

Whole term payment - £120, 7 weeks £77, 5 weeks £55

7 wks 12, 19, 26 Sept 3, 10, 17, 24 Oct

31 Oct half term - No Pilates

5 wks 7, 14, 21, 28 Nov 5 Dec