

Summer Term 2025

Monday - 10 weeks

The Armoury Hall, Newnham

9.30 - 10.15 am Pilates Posture Project

10.30 - 11.30 am Pilates Balance & Stretch

Whole term payment - £100 4 weeks £44 6 weeks £66

4 wks 28 Apr 5(BH), 12, 19 May

26(BH) May half term - No Pilates

6 wks 2, 9, 16, 23, 30 Jun 7 July

Tuesday - 11 weeks

Dene Magna School, Mitcheldean

6 - 7 pm Trigger Point Pilates

7.15 - 8 pm Pilates & Mobility for Beginners

Whole term payment - £110 5 weeks £55 6 weeks £66

5 wks 22, 29 Apr 6, 13, 20 Apr

27 May half term - No Pilates

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

Wednesday - 11 weeks

The Armoury Hall, Newnham

7.15 to 8.15pm TriggerPointPilates™

Whole term payment - £110 5 weeks £55 6 weeks £66

5 wks 23 Apr 30 Apr 7, 14, 21 May

28th May half term - No Pilates

6 wks 4, 11, 18, 25 Jun 2, 9 July

Friday - 11 weeks

Bishopswood Village Hall, Kerne Bridge

9.30 - 10.30 am Classical Pilates with a Twist

Whole term payment - £110 5 weeks £55 6 weeks £66

5 wks 25 Apr 2, 9, 16, 23 May

30th May half term - No Pilates

6 wks 6, 13, 20, 27 Jun 4, 11 July

Friday - 11 weeks

The Club, Newnham

11.30am - 12.30pm Pilates for Back Care

Whole term payment - £110 5 weeks £55 6 weeks £66

5 wks 25 Apr 2, 9, 16, 23 May

30th May half term - No Pilates

6 wks 6, 13, 20, 27 Jun 4, 11 July