

## Spring Term 2026

### Monday - 11 weeks

The Armoury Hall, Newnham

9.30 - 10.15 am Pilates Posture Project

10.30 - 11.30 am Pilates Balance & Stretch

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

6 wks 5, 12, 19, 26 Jan 2, 9 Feb

16 Feb half term - No Pilates

5 wks 23 Feb 2, 9, 16, 23 Mar

### 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 6 weeks £66, 5 weeks £55

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

17 Feb half term - No Pilates

5 wks 24 Feb 3, 10, 17, 24 Mar

### Wednesday - 11 weeks

The Armoury Hall, Newnham

7.15 to 8.15pm Trigger Point Pilates™

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

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

18 Feb half term - No Pilates

5 wks 25 Feb 4, 11, 18, 25 Mar

### Friday - 11 weeks

Bishopswood Village Hall, Kerne Bridge

9.30 - 10.30 am Classical Pilates with a Twist

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

6 wks 9, 16, 23, 30 Jan 6, 13 Feb

20 Feb half term - No Pilates

5 wks 27 Feb 6, 13, 20, 27 Mar

### Friday - 11 weeks

The Club, Newnham

11.30am - 12.30pm Pilates for Back Care

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

6 wks 9, 16, 23, 30 Jan 6, 13 Feb

20 Feb half term - No Pilates

5 wks 27 Feb 6, 13, 20, 27 Mar