



# PILATES WITH LYNSEY

## AUTUMN HALF TERM CLASSES

DATE	CLASS/TIME	BOOK
MONDAY 28 <sup>TH</sup> OCTOBER	CORE BLAST 5.15PM – 6.15PM	
	CANDLELIGHT (PUMPKIN) STRETCH 6.30PM – 7.30PM	
TUESDAY 29 <sup>TH</sup> OCTOBER	BACK CARE 6.30PM – 7.30PM	
	CANDLELIGHT (PUMPKIN) STRETCH 7.30PM – 8.30PM	
CLASSES BOOKED £9.50 PER CLASS		

NAME:.....

(New members need to complete a registration form)

All Classes are suitable for all levels

### Terms and Conditions

1. Payment must be paid at time of booking
2. No shows/cancellations cannot be carried over or refunded
3. Please arrive 5 minutes before the start of your class
4. Please turn mobile phones to silent

Please pay via BACS 09-01-29, 09705410, L Gaffan, or CASH thank you