



emma heath

Massage & Movement



Pilates class timetable 2026

Budleigh Salterton Croquet Club

TUESDAY

9am mixed ability (Emma)
10:30am lite (Emma)
12pm mixed ability (Emma)
1:30pm seated (Ali)
3pm lite (Ali)

WEDNESDAY

6pm mixed ability (Ali)

THURSDAY

8:30am mixed ability (Emma)
9:45am mixed ability (Emma)
11am lite (Emma)
6pm mixed ability (Emma)

FRIDAY

9am lite (Emma)
10:30am mixed ability (Emma)
12pm mixed ability (Emma)
4:30pm mixed ability (Ali)

For availability and more information please contact:

Emma - mobile 07891 652108 email info@emmaheathmm.com web www.emmaheathmm.com

Ali - mobile 07984 428074 email pilateswithali@hotmail.com

Pilates terms 2026

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
J			S	S	TERM 1 W1					S	S	W2					S	S	W3					S	S	W4					S	J	
F	S	W5					S	S	W6					S	S	WEEK OFF					S	S	TERM 2 W1					S					F
M	S	W2					S	S	W3					S	S	W4					S	S	W5					S	S	W6		M	
A	W6			S	S	WEEK OFF					S	S	TERM 3 W1					S	S	W2					S	S	W3						A
M		S	S	W4					S	S	W5					S	S	W6					S	S	WEEK OFF					S	S	M	
J	TERM 4 W1					S	S	W2					S	S	W3					S	S	W4					S	S	W5			J	
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A	S	S	TERM 5 W1					S	S	W2					S	S	W3					S	S	W4					S	S		A	
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