

Lengthen Pilates

Rachael Plowman:
Member of Body Control Pilates®
Class Timetable*



Day	Time	Location
Monday Mornings	10:00 am	Huntly
Monday Evenings	6:00 pm & 7:15 pm	Insch
Tuesday Evenings	7:00 pm	Inverurie
Thursdays Evenings	6:00 pm & 7:15 pm	Huntly
Fridays Mornings	10:00 am	Insch

To Book in please contact Rachael:

07506971817

lengthen-pilates@outlook.com

www.lengthenpilates.co.uk

* As a new client, an introductory session must be taken before joining a class.

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