

Day	Time	Location
Monday Evenings	6:00 pm & 7:15 pm	Insch
Tuesday Evenings	7:00 pm	Inverurie
Wednesday Evenings	8:10pm	Insch
Thursdays Evenings	7:00 pm & 8:10 pm	Insch
Friday Mornings	9:30am & 10:45am	Oldmeldrum starts 21/2/20

To Book in please contact Rachael:

07506971817

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www.lengthenpilates.co.uk

* As a new client who hasn't done Pilates before , an introductory session must be taken before joining a class.

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