

ZEST TIMETABLE WINTER 2022

The Ballet Studio

Monday

TIME	CLASS	DURATION
17:30	Beginners Pilates	60 mins
19:00	Intermediate Pilates	60 mins

Tuesday

TIME	CLASS	DURATION
12:30	Intermediate Pilates	60 mins

Wednesday

TIME	CLASS	DURATION
12:30	Improver's Pilates	60 mins
19:00	Intermediate PLUS Pilates	60 mins

Friday

TIME	CLASS	DURATION
10:00	Stretch & Balance	60 mins

Pilates

We offer a range of Pilates classes for every level of ability. Get in touch to find out more and what level you should be starting out at!

To book a class please call 01691 671 471
Or email zestladies@gmail.com
Visit zestladieshealth.com for more information

