



# February & March 2026 Pilates Schedule

Monday 9.45am - 10.45am

## **Introduction to Pilates 3 Week Programme**

Monday 23rd February & 2<sup>nd</sup>, 9<sup>th</sup> March

11.00am - 12.00pm

## **Beginners Pilates**

Wednesday 9.45am - 10.45am

## **Improver Pilates**

6.20pm - 7.20pm

## **Mixed Ability Pilates**

*All classes hosted at Horsley Village Hall*