

PILATES 2024

Class Timetable

Monday

10.15am - 11.15am

Beginners Pilates

5.45pm - 6.45pm

Mixed Ability Pilates

Wednesday

9.45am - 10.45am

Improver Pilates

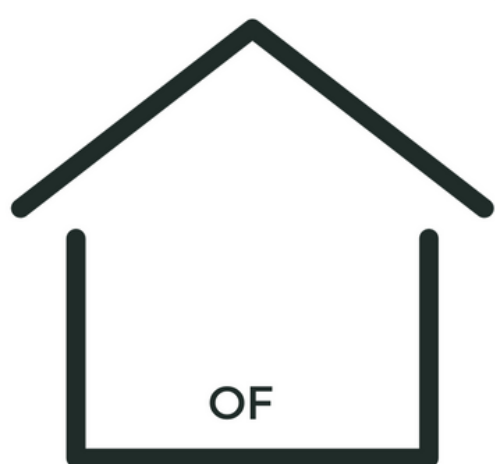
Saturday

10.00am - 12.30pm

Introduction to Pilates Workshop

Autumn date TBC

All classes at Horsley Village Hall



EQUILIBRIUM

MIND & BODY