

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

January 2025 date tbc

All classes at Horsley Village Hall



OF
EQUILIBRIUM
MIND & BODY