

# PILATES

## NEW CLASS TIMETABLE

### MONDAY

11.00am - 12.00pm

**Beginners Pilates** *(starts October 2022)*

5.45pm - 6.45pm

**Improver Pilates**

### WEDNESDAY

9.45am - 10.45am

**Improver Pilates**

### SATURDAY

10.00am - 12.30pm

**Introduction to Pilates Workshop**

Next workshop January 2023 Date TBC

