



2025 Pilates Class Schedule

Monday 10.30am – 11.30am
Beginners Pilates

Wednesday 9.45am – 10.45am
Improver Pilates

6.30pm – 7.30pm (from 9th July)
Mixed Ability Pilates

Saturday 9.30am – 11.30am
Introduction to Pilates Workshop
Saturday 5th July
*Darley Abbey *4 students max**

All classes are held at Horsley Village Hall, 40 Church Street, Horsley. DE21 5BR