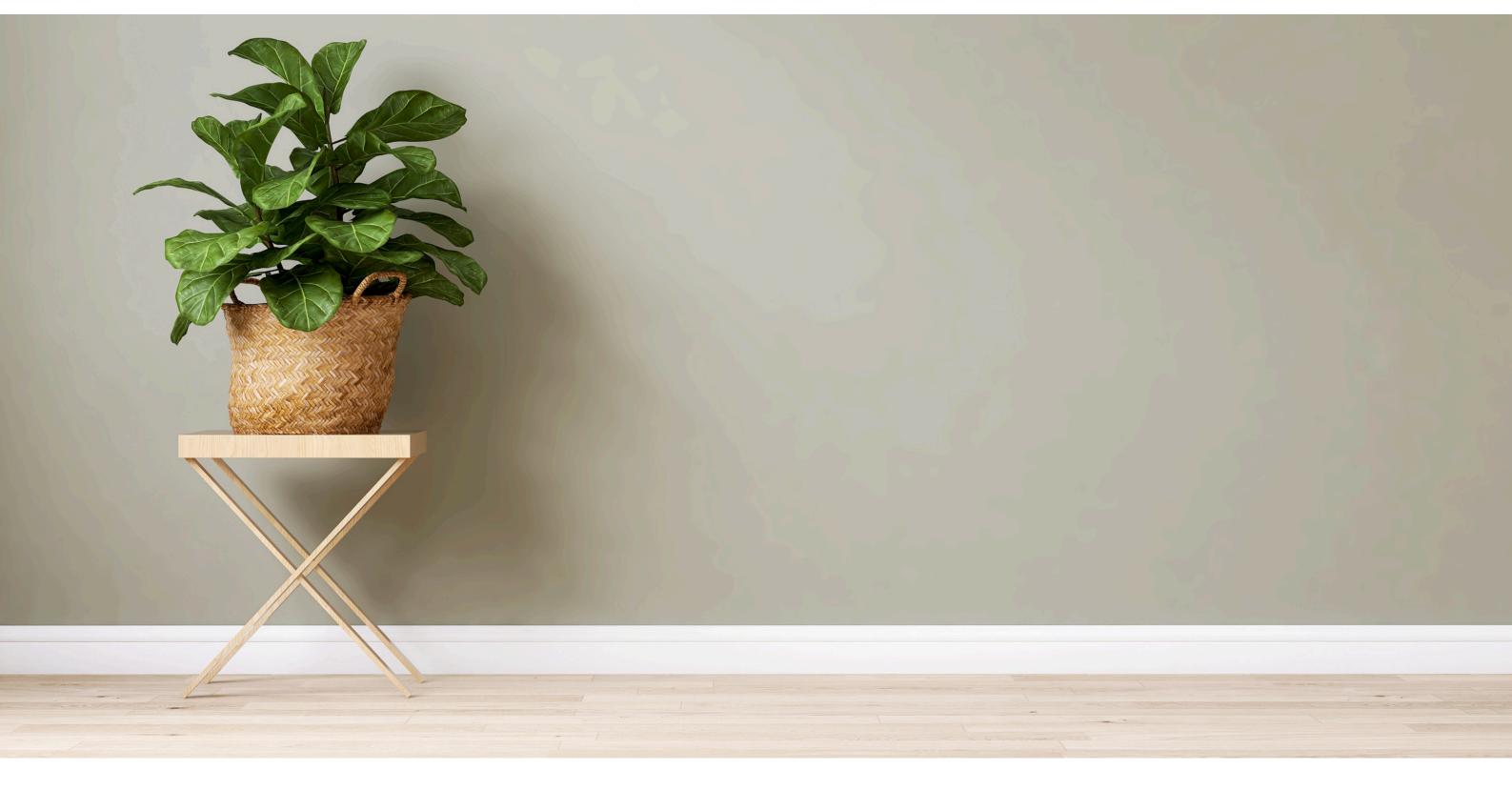


MIND & BODY



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