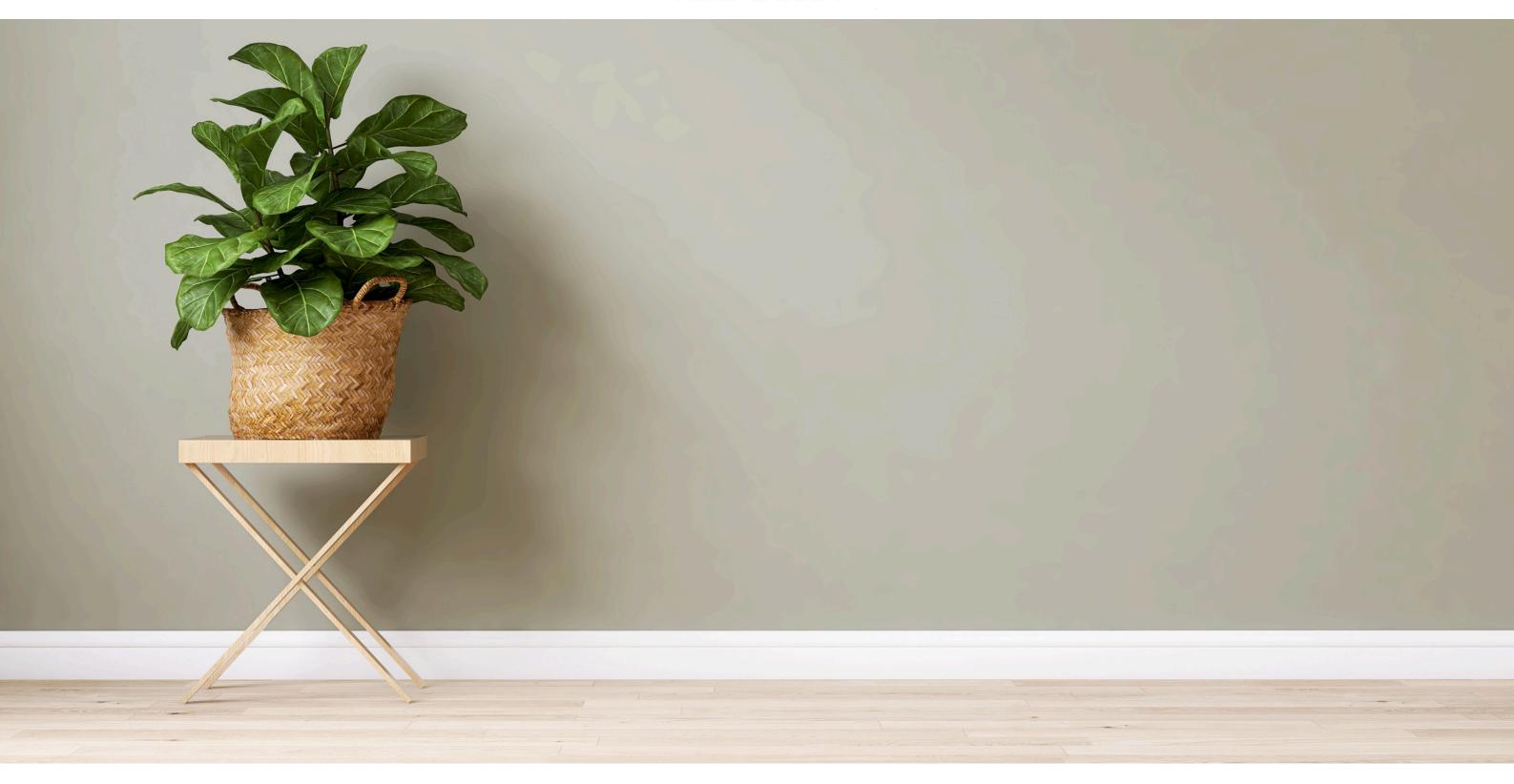


MIND & BODY



Autumn 2025 Pilates Class Schedule

Wednesday

9.45am - 10.45am

Improver Pilates

6.20pm - 7.20pm

Mixed Ability Pilates