## PILATES

## SPRING 2023 Class Timetable

Mon.

11.00am-12.00pm Beginner Pilates Horsley Village Hall

Mon.

5.45pm-6.45pmImprover PilatesHorsley Village Hall

Wed.

9.45am-10.45am
Improver Pilates
Horsley Village Hall

Wed.

6.45pm-7.45pm
Beginners Pilates
Horsley Village Hall

Sat
29th
April

10.00am - 12.30pm Intro to Pilates Workshop Horsley Village Hall

House of Equilibrium