

PILATES TRAINING SOLUTIONS TIMETABLE 2010

MONDAY	9.45	PILATES MATWORK	STUDIO
	6.00	PILATES MATWORK	TCC
	7.00	PILATES MATWORK	TCC
	8.00	PILATES MATWORK	TCC
WEDNESDAY	1.00	STUDIO EQ CIRCUITS	STUDIO
	6.00	STUDIO EQ CIRCUITS	STUDIO
	8.00	PILATES MATWORK	STUDIO
THURSDAY	10.45	PILATES MATWORK	STUDIO
	6.00	PILATES MATWORK	STUDIO
	7.00	PILATES MATWORK	TCC

Six week Matwork course	£45
Six week Circuit class	£50
Discount Card	£85 (6 week expiry, min 2 classes per wk)

Payment is required at the BEGINNING OF EACH COURSE, you can make payment by:

Credit card (payments incur a 2.5% admin charge) Please call studio number to make payment.

OR

Cheque payment to Pilates Training Solutions Ltd.

If one or two classes are missed during a course students may take an alternative class to make up during the six week run.

Please notify us of holidays at the beginning of a course – a £1 holding fee will secure class place for that week.

ALL ENQUIRIES 01252 333005