



pilates classes

call us to book your place:
01252 333005

<div style="font-size: 2em; margin-bottom: 5px;">○</div> monday	Pilates Improvers 09.45 – 10.45 am P Claire Worman			Pilates Improvers 6.00 – 7.00 pm TC Belinda Buttery	Pilates Improvers 7.00 – 8.00 pm TC Belinda Buttery	Pilates Improvers 8.00 – 9.00 pm TC Rachael Faulkner
<div style="font-size: 2em; margin-bottom: 5px;">○</div> tuesday						
<div style="font-size: 2em; margin-bottom: 5px;">○</div> wednesday	Pilates Beginners 9.30am NAMES BEING TAKEN FOR THIS NEW CLASS		Studio and Small Equipment 1.00 – 2.00 pm P Zoe Charles	Studio and Small Equipment 6.00 – 7.00 pm P Belinda Buttery		Pilates Beginners / Improvers 8.00 – 9.00 pm P Jo Heard
<div style="font-size: 2em; margin-bottom: 5px;">○</div> thursday				Pilates Beginners 6.00 – 7.00 pm P Zoe Charles	Pilates Improvers 7.00 – 8.00 pm TC Hazel Boxall	
<div style="font-size: 2em; margin-bottom: 5px;">○</div> friday	Pilates Beginners 09.15 – 10.15 am P Jo Heard					
<div style="font-size: 2em; margin-bottom: 5px;">○</div> saturday						

Venues: P = Pilates Studio, Poyle Farm, Tongham

TC = Tongham New Community Centre