



PILATES AND YOGA COURSES

Our physio led classes are run in half term courses to coincide with school term dates. If you miss a class during term time don't worry, you can make this up in a catch up class during the school holidays at no extra cost. In the school holidays we will run taster classes and a series of catch up classes.

FORTHCOMING DATES

Courses start (w/c)	Courses end	No. of weeks in block
20 th February	7 th April	7
24 th April	26 th May	5

Monday

COMING SOON!

Tuesday

Time	Class	Level
19.00-19.50	Pilates	Basic
20.00-20.50	Pilates	Intermediate

Thursday

Time	Class	Level
12.30-13.20	Pilates	Basic
13.30-14.20	Clinical Yoga	Basic
19.00-19.50	Pilates	Basic

Friday

COMING SOON!