



Mat Pilates

16th February to 03rd April 2015

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10.00am		Beginners	Intermediate		Intermediate
11.30am	Synergy				E. Intermediate
12.00pm					
3.30pm					Kids Tone
4.00pm					
5.45pm	Healthy HIT			Healthy HIT	
6.30pm	Intermediate	Intermediate	E. Intermediate	Beginners	
7.30pm	Intermediate	Beginners	Intermediate	Intermediate	
8.30pm		Circuits		E. Intermediate	

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121 Private sessions
also available