



Mat Pilates

03rd November to 19th December 2014

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

Tel: 028 9261 1211
 Email: info@pilatestone.co.uk

121 Private sessions also available