

Dates. TUESDAYS	Ante-Natal Fitness/Strength & Pilates. 5.30pm-6.30pm.	Early evening Pilates 7pm-8pm.	Late evening Pilates 8.15pm-9.15pm.
		Current course ends 6 th Aug	New course starts £54. 23 rd July 30 th July 6 th Aug 13 th Aug 20 th Aug 27 th Aug
13 th Aug	New course starts. 6 weeks £54	New Course starts 6 weeks £54	Short course. £27 3 rd , 10 th , 24 th Sept.
20 th Aug			
27 th Aug			
3 rd Sept			
10 th Sept			
17 th Sept Sarah away – No Pilates this week			
24 th Sept	Course ends 24 th Sept.	Course ends 24 th Sept.	Short course ends 24 th Sept.

Dates Tuesdays.	Ante-Natal fitness/strength/Pilates 5.30pm-6.30pm.	Evening Pilates 7pm-8pm.	Later Evening Pilates 8.15pm-9.15pm.
Autumn sessions.			
1 st Oct	6 weeks £54	6 weeks £54	6 weeks £54
8 th Oct			
15 th Oct			
22 nd Oct			
29 th Oct			
5 th Nov			
Winter sessions			
12 th Nov	6 weeks £54	6 weeks £54	6 weeks £54
19 th Nov			
26 th Nov			
3 rd Dec			
10 th Dec			
17 th Dec			