

# Pilates Classes

Pilates classes will be commencing Monday 14<sup>th</sup> March.

Run by Alison Robbins, a member of our amazing Remedial Massage Therapy team, who is now also a fully qualified Pilates Instructor.

| <b>REFORMER PILATES</b>     | <b>MAT PILATES</b>          |
|-----------------------------|-----------------------------|
| Wednesday 6.00 am - 7.00 am | Monday 6.00 am - 7.00 am    |
| Thursday 6.30 pm - 7.30 pm  | Tuesday 6.30 am - 7.30 am   |
|                             | Wednesday 5.45 pm - 6.45 pm |

To book your Pilates class  
please see Reception.

