

Pilates courses

Full timetable from Monday 29th March 2010

Day

Class Type

Venue

Monday evenings

07.30pm to 8.30pm

Pilates 3

Wrenthorpe M Church

Tuesday mornings

09.15am to 10.00am

Improver Mat Pilates

Rothwell Parish Hall

10.00am to 10.45am

Beginner to Improver Mat Pilates

Rothwell Parish Hall

Wednesday evenings

5.45 pm to 6.30pm

Beginner to Improver Mat Pilates

Rothwell Parish Hall

6.30pm to 7.15pm

Improver to Intermediate Mat Pilates

Rothwell Parish Hall

7.15pm to 8.00pm

Improver Mat Pilates

Rothwell Parish Hall

8.00pm to 8.30pm

Pilates: Legs, Bums & Tums

Rothwell Parish Hall

Friday evenings

5.45 pm to 6.30pm

Beginner to Improver Mat Pilates

Altofts M Church

6.30pm to 7.15pm

Improver Mat Pilates

Altofts M Church

7.15pm to 7.45pm

Beginner to Improver Mat Pilates

Altofts M Church

Saturday Mornings

10.45am to 11.30am

Improver to Intermediate Mat Pilates

Rothwell Parish Hall

Timetable is subject to change, depending on popularity and demand

Maximum number in each class is 12. Book in advance to reserve your place