

April 10th to April 17th 2017 Inclusive Changes to Timetable

Monday

Pilates Mat 9.30, 10.30, 18.15

Reformer 19.15

Circuits 20.15

Tuesday

Pilates Mat 9.15, 18.00

Reformer 10.30. 20.30

Wednesday

Circuits 18.00

Reformer 19.00

Thursday

Reformer 9.15, 10.15, 18.15

Pilates Mat 19.15

Circuits 20.15

Friday 14th Closed For Good Friday

Saturday

Reformer 9.00, 11.00

Pilates Mat 12.00

Prenatal 10.00

Monday 17th Closed For Bank Holiday