



May Pilates Classes

Day	Date	Time	Class
Friday	1st May	6pm	Strength
Monday	4th May	9.30am	Mixed Ability
Tuesday	5th May	8pm	Mobility & Flexibility
Thursday	7th May	12.30pm	Pure Core
Saturday	9th May	10am	Strength
Monday	11th May	12.30pm	Pure Core
Wednesday	13th May	8pm	Mobility & Flexibility
Friday	15th May	9.30am	Mixed Ability
Monday	18th May	12.30pm	Strength
Tuesday	19th May	6pm	Pure Core
Thursday	21st May	9.30am	Mixed Ability
Friday	22nd May	8pm	Mobility & Flexibility
Wednesday	27th May	12.30pm	Strength
Thursday	28th May	9.30am	Pure Core