

Pilates Room

www.pilates-room.co.uk

Pilates Room Sessions

Tuesday

09.30 am Pilates Class

18.00 pm Pilates Class

Wednesday

18.00 pm Pilates Class

19.30 pm Pilates Class

Thursday

09.30 am Pilates Class

04.30 pm Pilates Class

18.00 pm Pilates Class

Classes must be booked prior to attending

£10 per class (pay as you go) or £40 to be paid at start of each month

Contact: Lianne@manx.net Tel: 497367