



PILATES & FITNESS

	Earlies	Mornings	Evening	Evening	Zoom
Mondays	7.45 am Step Zoom		7pm Pilates Sunbury Methodist Hall - Beginners		7pm Pilates Zoom Intermediate/ Advanced
Tuesdays			Evening 6.30pm Pilates Greenwood Centre Hampton Hill - Improvers	Evening 7.30pm Pilates Greenwood Centre Hampton Hill - Improvers CLASS FULL	
Wednesdays			Evening 6.30 pm Pilates St Mary's Hampton - Improvers/ Intermediate CLASS FULL		6.30pm Pilates Zoom Improvers/ Intermediate
Thursdays		1-2-1 Slots Available 11-2pm			
Fridays	Earlies 7.45 am Strength 8.15am Stretch Both Zoom	Mornings 9.15am Pilates SHampton Methodist Hall - Improvers	Mornings		
Saturdays		Mornings 9am Step 10am PiYo Both Zoom			

