



Pilates

Located
in the
Restaurant

Please
Bring Your
Own Mat

4 Week Block of
30 min Matwork Pilates
Classes with Malissa



Aug/Sept dates - 2 Classes Available
28th Aug - Start 3pm & Start - 3:45pm
11th Sep - Start 3pm & Start - 3:45pm
18th Sep - Start 3pm & Start - 3:45pm
25th Sep - Start 3pm & Start - 3:45pm

Contact

The Health and Wellbeing
Team to book a time and slot