



Pilates

Please
Bring Your
Own Mat

4 Week Block of
30 min Matwork Pilates
Classes with Malissa



Oct/ Nov dates - 2 Classes Available
16th Oct - Start 3pm & Start - 3:45pm
23rd Oct - Start 3pm & Start - 3:45pm
30th Oct - Start 3pm & Start - 3:45pm
6th Nov - Start 3pm & Start - 3:45pm

Contact

The Health and Wellbeing
Team to book a time and slot