

PILATES ABC, HENLEY TIMETABLE

BEGINNERS WELCOME

DAY & TIME	ZOOM SESSION	CLASS
TUESDAY	8.50 am – 9.50 am 10.00 am – 11.00 am	BEGINNER/MIXED ABILITY
WEDNESDAY	10.00 am– 11.00 am 11 am – 12 pm	MIXED ABILITY/BEGINNERS
THURSDAY	7.00 – 8.00PM 8.30 – 9.30 PM	MIXED ABILITY/BEGINNERS
HALL SESSIONS		
TUESDAY 12.00 – 1.00 PM 8.00 – 9.00 PM	SHIPLAKE MEMORIAL HALL, MEMORIAL AVE, SHIPLAKE CROSS HENLEY RG9 4DN https://goo.gl/maps/28UdpEZfk8gpib5E7 CRAZIES HILL VILLAGE HALL, CRAZIES HILL RG10 8LY (LEFT HAND SIDE OF ROAD AFTER SCHOOL BY SOME 500 METRES COMING FROM REMENHAM HILL DIRECTION), easy reach of Twyford + Wargrave RG10 https://goo.gl/maps/8btlw	MIXED ABILITY/BEGINNERS
WEDNESDAY 6.30 – 7.30 PM 8.00 – 9.00 PM	SHIPLAKE MEMORIAL HALL, MEMORIAL AVE, SHIPLAKE CROSS HENLEY RG9 4DN https://goo.gl/maps/28UdpEZfk8gpib5E7	MIXED ABILITY/BEGINNERS

1:1 AND 1:2 SESSIONS WEDNESDAY + THURSDAY AFTERNOON BY ARRANGEMENT at PILATES ABC HENLEY STUDIO. MATWORK OR REFORMER/TOWER. SPECIALISED CLASSES IN DIASTASIS RECTI, BONE HEALTH, ANTE + POSTNATAL PILATES, PARKINSONS, FALLS PREVENTION + BALANCE , BREATHING, ARTHRITIS, KNEE + HIP REPLACEMENTS, PILATES FOR SENIORS

MATWORK CLASSES UP T 12 PARTICIPANTS ONLY UNLESS OTHERWISE INDICATED

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