

# PILATES ABC, HENLEY BEGINNERS WELCOME

Tuesday 8 – 9 am	ZOOM SESSION	MIXED ABILITY/BEGINNER
<p>Tuesday 10 – 11 am 11.15 – 12.15 pm</p> <p>8 - 9 pm</p>	<p>SHIPLAKE MEMORIAL HALL, MEMORIAL AVE, SHIPLAKE CROSS HENLEY RG9 4DN <a href="https://goo.gl/maps/28UdpEZfk8gpib5E7">https://goo.gl/maps/28UdpEZfk8gpib5E7</a></p> <p>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 <a href="https://goo.gl/maps/8btlw">https://goo.gl/maps/8btlw</a></p>	<p>MIXED ABILITY/BEGINNER</p> <p>MIXED ABILITY/BEGINNER</p>
<p>Wednesday 8.50 – 9.50 am 9.55 am – 10.55 am</p> <p>6.30 – 7.30 pm 7.45 – 8.45 pm</p>	<p>PEPPARD WAR MEMORIAL HALL, GALLOWSTREE RD, PEPPARD COMMON HENLEY RG9 5JA <a href="https://goo.gl/maps/iCFQrvYV7NnN3Uoy7">https://goo.gl/maps/iCFQrvYV7NnN3Uoy7</a></p> <p>SHIPLAKE MEMORIAL HALL, MEMORIAL AVE, SHIPLAKE CROSS, HENLEY RG9 4DN <a href="https://goo.gl/maps/7GnxVxY3UhBCv81T7">https://goo.gl/maps/7GnxVxY3UhBCv81T7</a></p>	<p>MIXED ABILITY/BEGINNER</p> <p>MIXED ABILITY/BEGINNER</p>

PRIVATES SESSIONS AVAILABLE AT MY HENLEY STUDIO. MATWORK OR REFORMER/TOWER.  
SPECIALISED CLASSES IN DIASTASIS RECTI, BONE HEALTH, ANTE + POSTNATAL PILATES, PARKINSONS, FALL  
PREVENTION + BALANCE , BREATHING, ARTHRITIS, KNEE + HIP REPLACEMENTS, PILATES FOR SENIORS,  
PILATES FOR GOLFERS. MAXIMUM CLASS SIZE 12 OR 6 DEPENDING ON CLASS