

PILATES ABC, HENLEY BEGINNERS WELCOME

Tuesday 8 – 9 am	ZOOM SESSION	MIXED ABILITY/BEGINNER
Tuesday 10 – 11 am 11.05 – 12.05 pm	SHIPLAKE MEMORIAL HALL, MEMORIAL AVE, SHIPLAKE CROSS HENLEY RG9 4DN https://goo.gl/maps/28UdpEZfk8gpib5E7	MIXED ABILITY/BEGINNER
Wednesday 8.50 – 9.50 am 9.55 am – 10.55 am	PEPPARD WAR MEMORIAL HALL, GALLOWSTREE RD, PEPPARD COMMON HENLEY RG9 5JA https://goo.gl/maps/iCFQrvYV7NnN3Uoy7	MIXED ABILITY/BEGINNER
6.30 – 7.30 pm 7.45 – 8.45 pm	SHIPLAKE MEMORIAL HALL, MEMORIAL AVE, SHIPLAKE CROSS, HENLEY RG9 4DN https://goo.gl/maps/7GnxVxY3UhBCv81T7	MIXED ABILITY/BEGINNER

**ALL WELCOME WHATEVER LEVEL INCLUDING THOSE WITH DIASTASIS RECTI,
OSEOPOROSIS (BONE HEALTH), ANTE + POSTNATAL PILATES, PARKINSONS, FALL
PREVENTION + BALANCE , BREATHING, ARTHRITIS, KNEE + HIP REPLACEMENTS, PILATES
FOR SENIORS, PILATES FOR GOLFERS. MAXIMUM CLASS SIZE 12**