

Pilates by Louise

Certified Pilates Instructor

Classes

Feb-April 2020

Poppleton Community Centre

Monday 24th Feb - Monday 30th March

6-7pm (Beginners)

Tuesday 25th Feb - Tuesday 31st March

10.00-11.00am (Beginners)

11.30-12.30pm (Mixed Ability)

1.30-2.30pm (Beginners)

Rufforth Village Institute

Thursday 27th Feb - Thursday 2nd April

1.45-2.45pm (Mixed Ability)

Rufforth Community Hall

Thursday 27th Feb - Thursday 2nd April

6.45-7.45pm (Mixed Ability)

Pay as you go - £9.00 per class

You are not guaranteed a place. Please check before the class.

6 week block £42 (£7 per class).

Payable in advance by cash, cheque or BACS

(Please make cheques payable to D L Bowden, stamp provided)

(Halifax Account No: 01350190, Sort Code: 110357)

Tel: 07773 794301

e-mail: pilatesbylouise@gmail.com

www.pilatesbylouise.co.uk

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