

Current Pilates Timetable

Mondays (FULLY BOOKED)

10:30 am - Pilates (St Francis Church, Charminster)

Tuesdays (FULLY BOOKED)

10:00 am - Pilates (Moordown Community Centre)

6:00 pm - Pilates (Moordown Community Centre)

Wednesdays (FULLY BOOKED)

10:00 am - Pilates (Westcliff Hotel, Bournemouth)

Thursdays * SPACES AVAILABLE IN ALL CLASSES *

9:15 am - Pilates (British Legion, Winton)

10:30 am - Pilates (British Legion, Winton)

6:15 pm - Pilates (Moordown Community Centre)

Fridays (FULLY BOOKED)

10:00 am - Pilates (Moordown Community Centre)

**Pilates 1:1 Sessions or Partner Pilates sessions
are also available outside of these times.**

**Contact Michelle: 07375 560311
www.bodyandmindmatter.com**

