

EDEN THERAPY CENTRE

Opens 2nd January

PILATES

MONDAY			12.00 improvers	13.00 BEGINNERS Over 60s	14.00 Post natal pilates	16.45 improvers	18.00 improvers	19.00 improvers	20.15 improvers
TUESDAY	9.15 BEGINNERS Tom	10.30 Improvers Tom		13.00 Pilates for bad backs Tom			18.00 BEGINNERS Tom	19.30 Improvers Tom	
WEDNESDAY	9.15 improvers					17.20 Ante natal pilates	18.30 BEGINNERS	19.30 improvers	
THURSDAY	9.15 improvers	10.30 improvers					17.45 improvers	19.00 improvers	20.15 improvers
FRIDAY	9.15 BEGINNERS Tom	10.30 Improvers Tom		13.00 Improvers Tom				19.00 BEGINNERS Tom	20.00 Improvers Tom
SAT	9.15 POWER PILATES * January 2012	10.30 Pilates and the pelvic floor ** January 2012							
SUN									

- POWER PILATES January 2012

Increased reps and more advanced exercises - 1 hour = £7.00

- PILATES and the pelvic floor January 2012

Original pilates interspersed with pelvic floor focus = £10.00

2nd January – 9th March 10 week course (can be paid in 2 instalments) Cost £6.00 per session paid termly

Eden Therapy Centre, 2 Barksbury Estate, Barksbury Hill, Upper Clatford. SP11 7LW

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