

PILATES CLASSES

Monday (10am YOGA), 11am, 7pm, 8pm

Tuesday 10am, 11am

Wednesday 10am, 11am, (6pm YOGA), 7pm, 8pm

Thursday 7pm, 8pm Friday 10am, 11am



Instructors: Clodagh Davies, Marie Noonan, Justine Brook

TO BOOK OR FOR MORE INFORMATION

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