

Pilates classes

Open level, suitable for beginners.

with Rachael



Fridays 10:00am – 11.00am

Block 1 - 29th Sept, 6th Oct, 13th Oct, 20th Oct

Block 2 - 27th Oct, 3rd Nov, 10th Nov, 17th Nov

Block 3 - 24th Nov, 1st Dec, 8th Dec, 15th Dec

Cost - **£1.50 per session + £50p mat hire.** (Payable when reserving your place).

8 places per block.

To book contact Inspire reception:

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