



Timetable



Monday

10.00am Stretch

10.10am Keep Fit

10.45am Pilates

2.00pm Keep Fit

2.45pm Pilates

6.10pm Pilates

Moordown Community Centre

St Marks Church Hall, Highcliffe

Trinity Church Hall, Southbourne

Tuesday

9.10am Keep Fit

9.45am Pilates

6.30pm Beginners

Functional Movement

11.15am Pilates

**Immanuel Church Hall,
Southbourne**

Somerford ARC, Christchurch

Wednesday

9.30am Pilates

5.00pm Pilates

6.00pm Keep Fit

6.40pm Pilates

Immanuel Church Hall, Southbourne

Moordown Community Centre

Thursday

9.15am Stretch

9.30am Keep Fit

10.10am Pilates

Our Lady Queen of Peace, Southbourne

Friday

9.20am Pilates

With Carla

Our Lady Queen of Peace, Southbourne