



YORK PILATES studio

MATWORK CLASSES AT SEPHORA, HAXBY

From 16th March 2009

£90 for the full term (10 wks) £45 for beginners classes (5 wks)

Monday	9.45am-10.45am		Regan
	11am - 12pm	Beginners from 9 th Feb	Regan
	6.30pm-7.30pm		Barry
	7.45pm-8.45pm		Barry
Tuesday	6.30pm-7.30pm		Regan
	7.45pm-8.45pm		Regan
Wednesday	6.30pm-7.30pm		Jo
Thursday	9.45am-10.45am		Catriona
	11.15am-12.15am		Catriona
	6.30pm-7.30pm		Catriona
	7.45pm-8.45pm		Catriona

STUDIO TIMES AT YORK ECO BUSINESS CENTRE, CLIFTON MOOR

Monday	10.00am - 2.00pm and 4.30pm - 8.00pm
Tuesday	9.00am - 4.00pm
Wednesday	9.30am - 1.00pm with Regan and 5.00pm - 9.00pm
Thursday	3.00pm - 7.00pm with Regan
Friday	9.00am - 4.00pm
Saturday	10.00am - 1.00pm

Studio sessions with Catriona unless stated otherwise.

To book please call the York Pilates Studio on 01904 476433

Or Email us at: info@yorkpilatesstudio.co.uk