

# PILATESWITHCASSIE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10-11am</b> – Cottles Lodge/ Scout Hut, Plympton  Mixed Level - Drop-in	<b>8.45 – 9.45am</b> – Plymouth Chiropractic Clinic, Mannamead Rd  Beginners One  <b>Bookings Only</b>		<b>One-to-One available by Bookings Only</b>	<b>One-to-One available by Bookings Only</b>
11.15-12.15 – Cottles Lodge/Scout Hut, Plympton  Postnatal Pilates Course  Bookings Only	<b>10.15–11.15am-</b> <b>Trinity URC, Torr Lane, Hartley.</b> <b><u>Drop-in</u></b>  Beginners – Improvers Drop-in £5			
	<b>11.30 – 12.30pm</b> Postnatal Pilates Course, Trinity URC, Torr Lane, Hartley  <b>Bookings Only</b>			
<b>4.15 – 5.15pm</b> – St Edwards Church Hall, Home Park Ave  Mixed Level CURRENTLY NOT RUNNING				
<b>5.40 – 6.40pm</b> – St Edwards Church Hall, Home Park Ave  Mixed Level - Drop-in		<b>5.30 – 6.30pm</b> – Hope Baptist Church, Peverell Park Rd  Mixed Level - Drop-in		
5.45 – 6.45pm – Antenatal Pilates, Hope Baptist Church, Peverell Park Rd  <b>Bookings Only</b>	<b>7:15-8:15pm</b> – St Mary's Church Hall, Market Road, Plympton  Mixed Level - Drop-in	<b>6.45 – 7.45pm</b> – Antenatal Pilates, Hope Baptist Church, Peverell Park Rd  <b>Bookings Only</b>		