

WGPILATES

# PILATES CLASSES

## **Mondays**

9.15am Mortimer West End village hall

10.30am Mortimer West End village hall

12.15pm Tadley Community Centre

1.30pm Tadley Community Centre (*this is a gentle class for those who need exercises to be modified for whatever reason*)

## **Tuesdays**

9.15am via Zoom

10.30am Ramsdell village hall

6.45pm via Zoom

## **Wednesdays**

9.15am Cross House, Bramley

12.15pm Cross House, Bramley (*45 minutes*)

## **Fridays**

9am Tadley Community Centre

10.30am Ramsdell village hall

12.15pm Cross House, Bramley (*45 minutes*)

Contact Wendy on 07961 102535 or [wendygill44@yahoo.co.uk](mailto:wendygill44@yahoo.co.uk)

Class sizes are small and booked in blocks in advance

All classes are 60 minutes unless stated otherwise



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