



Pilates For You

Pilates classes

available at Douai Pavilion

Tuesday 7.30pm- 8.30pm

Thursday 6.30pm-7.30pm

Thursday 7.45pm-8.45pm

Also, daytime classes available.

For more information

please contact-

Melanie Rickerby

email mel.pilates@btinternet.com

Or phone 0777 6482360.

Small classes.