



PILATES

at the cowshed

Mon	9.30am	Intermediate	Ashtorre Rock, Saltash
	10.30am	Intermediate	Ashtorre Rock, Saltash
	6.00pm	Intermediate	Ashtorre Rock, Saltash
	7.00pm	Advanced	Ashtorre Rock, Saltash
Tue	9.30am	Intermediate	Ashtorre Rock, Saltash
	10.30am	Intermediate	Ashtorre Rock, Saltash
	6.00pm	Advanced	Ashtorre Rock, Saltash
	7.00pm	Intermediate	Ashtorre Rock, Saltash
Wed	9.30am	Intermediate	Wilcove, Nr Torpoint
	10.30am	Intermediate	Wilcove, Nr Torpoint
Thurs	9.30am	Intermediate	Ashtorre Rock, Saltash
	10.30am	Intermediate	Ashtorre Rock, Saltash

Starting 14th Jan – 5th April 2019

NB!!! No classes for 2 weeks 18th Feb – 3rd March

£75.00 for **10 weeks** (£20 deposit per class secures place. **£55** balance is due on or before first class).

Deposits non-refundable.

Online banking: J Murray, 50137774, 20-50-40

Cheques payable to J Murray

No refunds will be issued for missed classes. Cancelled classes may be made up if a minimum of 24 hours' notice has been given and subject to availability.

07970 120754

jo@cowshedpilates.co.uk

www.cowshedpilates.co.uk