

BODY-TORQUE PILATES

Group Class List

Saturday Morning	REIGATE	Bell Street Studios, 75 Bell Street	07.50 Metafit Interval Training 08.30 Pilates Barre 08.30 Pilates Intermediate 09.30 Pilates for Men Improvers 09.30 Pilates Improvers 10.30 Pilates for Men Beginners 10.30 Pilates Beginners/Ante & Post Natal
Monday Morning	DORKING	United Reformed Church, West Street	09.30 Pilates Gentle Improvers 10.30 Pilates Improvers 11.30 Pilates Improvers 12.30 Pilates Beginners
Monday Morning	REIGATE	Bell Street Studios, 75 Bell Street	09.30 Pilates Improvers 10.30 Pilates Beginners
Monday Evening	BETCHWORTH/ REIGATE	War Memorial Hall, Station Rd Betchworth Village	18.00 Pilates Improvers 19.00 Pilates Beginners 20.00 Pilates Intermediate 21.00 Metafit Interval Training
Tuesday Morning	REIGATE	Bell Street Studios, 75 Bell Street, Reigate	09.00 Pilates Intermediate 10.00 Pilates Beginners 11.00 Pilates Improvers
Tuesday Evening	REIGATE	Reigate Parish School, New Junior Hall, Blackborough Road	18.30 Pilates Improvers 19.30 Pilates Beginners 20.30 Pilates Improvers
Wednesday Morning	REIGATE	Bell Street Studios, 75 Bell Street	09.00 Pilates Intermediate 10.00 Pilates Barre
Wednesday Evening	REIGATE	Reigate Community Centre (Behind Morrisons) Room SR1	18.15 Pilates Improvers 19.15 Metafit Interval Training 19.45 Pilates Beginners 20.45 Pilates Intermediate
Thursday Morning	BEARE GREEN DORKING	Beare Green Village Hall Merebank, Beare Green	09.30 Pilates Improvers 10.30 Pilates Beginners
Thursday Evening	DORKING	United Reformed Church, West Street	18.30 Pilates Improvers 19.30 Pilates Beginners 20.30 Pilates Improvers
Friday Morning	BETCHWORTH/ REIGATE	Betchworth Village War Memorial Hall, Station Road, Betchworth	09.15 Pilates Intermediate 10.15 Pilates Improvers 11.15 Pilates Beginners

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