

**Lianne Tonge**

07747 617285

# The Pilates Studio

Now We're Zooming...

April Unlimited Classes - £60 Single Class - £10

*One week free introductory offer - email me for your passcode*

## monday

- 09.20 Pilates \*
- 10.30 Foam Roller/Stretch 45mins
- 11.30 Core & Healthy Spine \* 40mins
- 18.15 Pilates Low/Inter.
- 19.30 Pilates Inter./Adv.

## tuesday

- 09.20 Pilates Intermediate Emma
- 18.30 Core & Healthy Spine \*
- 19.30 LBT \* 30 mins

## wednesday

- 09.20 Pilates Inter./Adv.
- 10.30 Pilates Low/Inter.
- 18.30 Pilates Essential Core/Stretch \* 50mins
- 19.30 Pilates Inter./Adv. Emma

## thursday

- 09.30 Charity Class/Pilates Fitness & Stretch \*

## friday

- 09.30 Pilates Intermediate Lisa

## saturday

- 10.15 Pilates Inter./Adv. Emma

\* Suitable For All Levels

Bacs - Lianne's Pilates Studio  
Sort: 60-17-32 Acc: 12509868

Code - 703 486 2105  
Password - SunnyApril

