

FIT 2 DROP CLASS TIMETABLE

ALL CLASSES ARE TERM TIME ONLY

MONDAY

12:30 - **Postnatal Fitness** - Long Ashton Village Hall

13:30 - **Postnatal Pilates** - Long Ashton Village Hall

18:30 - **Beginner Pilates** - Long Ashton Village Hall

19:30 - **Pregnancy Pilates** - Long Ashton Village Hall

TUESDAY

18:30 - **Intermediate Pilates** - Long Ashton Village Hall

19:30 - **Intermediate Pilates** - Long Ashton Village Hall

WEDNESDAY

09:30 - **Mixed Ability Pilates** - Long Ashton Village Hall

10:30 - **Postnatal Pilates** - Long Ashton Village Hall

12:00 - **Postnatal Pilates** - Wells Road Osteopaths

13:00 - **Postnatal Pilates** - Wells Road Osteopaths

19:30 - **Mixed Ability Pilates** - Long Ashton Village Hall

PRICES

Pilates: 10 week term - £85 | **Postnatal Fitness:** 5 sessions - £40 | 10 sessions - £75

Postnatal Pilates: 8 week term - £70 | **Pregnancy Pilates:** 6 week term - £55

