

FIT 2 DROP CLASS TIMETABLE

ALL CLASSES ARE TERM TIME ONLY

MONDAY

13:00 - **Postnatal Fitness** - Long Ashton Village Hall

14:00 - **Postnatal Pilates** - Long Ashton Village Hall

18:00 - **Beginner Pilates** - Long Ashton Village Hall

19:00 - **Pregnancy Pilates** - Long Ashton Village Hall

20:00 - **Mixed Ability 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

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

FRIDAY

10:00 - **Mixed Ability Pilates** - Tithe Barn

PRICES

Pilates: 10 week term - £90 | **Postnatal Fitness:** 5 sessions - £45 | 10 sessions - £80

Postnatal Pilates: 8 week term - £75 | **Pregnancy Pilates:** 6 week term - £55

