



Pilates For You

*I am pleased to announce
new Pilates classes for 2018
available at Douai Pavilion*

Thursday 6.30pm-7.30pm

Thursday 7.45pm-8.45pm

Also, daytime classes available.

For more information

please contact-

Melanie Rickerby

email mel.pilates@btinternet.com

Or phone 0777 6482360.

Maximum of 10 in a class.