



Pilates Timetable

Day	Tuesday	Wednesday	Thursday
Time	11am – 12 noon 6.30pm – 7.30pm	11am – 12 noon 6.30 pm – 7.30pm	11am – 12 noon 2pm – 3pm

Please contact info@eastdevonhealthandfitness.co.uk or phone 01297 553522 to discuss your Pilates needs and the correct level class, that is right for you to join (Beginners, Intermediate, Advanced).

All equipment for Mat based Pilates is supplied, along with resistive equipment and the correct instruction.