

liz doyle pilates

7 week course starts week beginning 7th January 2019
Cost is £45. £10 deposit payable in advance.

Tuesday	9:25 am	Studio, Torpoint
Tuesday	10:35 am	Studio, Torpoint
Tuesday	5:15 pm	Sheviock Memorial Hall Craffhole
Tuesday	6:30 pm	Sheviock Memorial Hall Craffhole
Wednesday	9:30 am	Village Hall Polbathic
Wednesday	6:30 pm	Village Hall Polbathic
Thursday	5:15 pm	Village Hall Millbrook (Beginners class)
Thursday	6:35 pm	Village Hall Millbrook

All sessions must be pre-booked.

No refunds given for missed classes. However, where possible you may wish to book a catch up class in lieu. If you are going to miss a class let me know ASAP this allows others to use the space.

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www.lizdoylepilates.co.uk

www.bodycontrol.co.uk

