

Class Timetable 2022

All classes are bookable online only at www.icpchealth.com

Wednesday

10:00 - 11:00	Intermediate Pilates	icpcHealth	Laura Middleton
11:10 - 12:10	Intermediate Pilates	Virtual	Laura Middleton
17:50 - 18:50	Intermediate Pilates	icpcHealth	Jenny Robertson
18:00 - 19:00	Intermediate Pilates	Virtual	Jane Caney
19:00 - 20:00	Beginners Yoga	icpcHealth	Elle Cochrane
20:00 - 21:00	Dynamic Hatha Yoga	icpcHealth	Elle Cochrane

If this is your first time joining us, please ensure that you fill out an online Health Screening Form prior to attending your first class.
If you are pregnant, please contact our reception team on 01467 633444 prior to booking.