



Class Timetable 2022

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

Tuesday

06:30 - 07:15	Intermediate Pilates	Virtual	Lynsey Ross
10:00 - 11:00	Intermediate Pilates	Virtual	Jane Caney
11:00 - 12:00	Easy Pilates	icpcHealth	Lynsey Ross
11:00 - 11:45	Gentle Seated & Standing	Virtual	Helen Willis
17:00 - 17:50	Easy Pilates	icpcHealth	Helen Willis
18:00 - 19:00	Beginners Pilates	Virtual	Ruth McDonald
18:00 - 19:00	Easy Pilates	icpcHealth	Helen Willis
19:00 - 20:00	Easy Pilates	Virtual	Ruth McDonald
19:10 - 20:10	Intermediate Pilates	icpcHealth	Helen Willis

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.