



Class Timetable 2022

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

Thursday

10:00 - 11:00	Intermediate Pilates	Virtual	Jane Caney
18:00 - 19:00	Beginners Pilates	icpcHealth	Lynsey Ross
19:10 - 20:10	Intermediate Pilates	Virtual	Lynsey Ross

**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.**