

PILATES



Mixed Ability Matwork

Mondays - 9:15-10am and 8-9pm at
Emersons Green Village Hall

Wednesdays - 10:45-11:45am at The Greenfield Centre,
Winterbourne

Thursdays - 9:15-10am at The Nest at Page Park
8-9pm at Oldland Community & Youth
Building

Pilates High Intensity Training (PHIT)

Wednesdays - 7:45-8:15pm via Zoom (30 min class only £5)

Chair Based

Wednesdays- 1-1:45pm at The Manor Hall, Coalpit Heath
and via Zoom (only £5)

Stretch & Restore (includes relaxation)

Saturdays - 9:30-10:30am via Zoom

£8 Single Class
Or 6 classes for £40

MFR Pilates

Contact Miriam for more details

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