

MODERN L J PILATES

PILATES CLASSES only

| CLASSES | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--------------------------------|-------------------------|---------------------|----------------|
| 9.30am | 9.30am -10.30am | | | 9.30am-10.30am |
| 10.00am | Hemingbrough | | | North Duffield |
| 10.30am | Methodist Hall | | 10.30am -11.30am | Village Hall |
| 11.00am | | | Market Weighton | |
| 11.30am | | | Well Being Centre | |
| 12.00pm | | | | |
| 12.30pm | | | | |
| 1.00pm | | | | |
| 1.30pm | | | | |
| 2.00pm | | | | |
| 2.30pm | | | | |
| 3.00pm | 3pm-4pm | | | |
| 3.30pm | Skipwith Village Hall | | | |
| 4.00pm | | | | |
| 4.30pm | | | | |
| 5.00pm | | | | |
| 5.30pm | | | | |
| 6.00pm | | 6.00pm-7.00pm | | |
| 6.30pm | 6.45pm-7.45pm | Airmyn | | |
| 7.00pm | Hemingbrough Methodist Hall | Village Hall | | |
| 7.30pm | | 7.30pm-8.30pm | | |
| 8.00pm | | Wressle Village Hall | | |
| 8.30pm | | | | |