

No Classes during Half Term 22nd-28th October

DVH = Devoran Village Hall
CDVH = Carnon Downs Village Hall

PC = Perranwell Centre
PAWS = Perran-Ar-Worthal School

	AM			PM		EVE	
MONDAY	FitnessFix 9.15-10.15 10-Sept-10 Dec £52 ZOË DVH	Pilates 10.30-11.30 10-Sept-10 Dec £52 ZOË DVH	ChairPilates 11.45-12.15 10Sept-10 Dec Drop in £3 ZOË DVH	Men's Pilates 14.30-15.30 10 Sept -10 Dec £48 Not Sept 24th FLEUR DVH	Men's Pilates 15.45-16.45 10Sept -10 Dec £48 Not Sept 24th FLEUR DVH	Pilates 19.00-20.00 10 Sept - 10 Dec £52 ZOË PAWS	
TUESDAY				Pilates-Beg/Int 13.30-14.30 11 Sept-11 Dec £48 Not Sept 25th FLEUR CDVH	Pilates-Beg/Int 14.45-15.45 11 Sept-11 Dec £48 Not Sept 25th FLEUR CDVH	KettleStep 18.30-19.30 11 Sept-11 Dec £48 Not Sept 25th FLEUR DVH	Pilates-Beg/Int 19.30-20.15 4 Sept- 18 Dec £58 LOUISE DVH
WEDNESDAY	Zest 10.00-11.00 12 Sept-12 Dec £48 Not Sept 26th FLEUR DVH		ChairPilates 11.30-12.00 12 Sept-12 Dec Drop in £3 Not Sept 26th FLEUR DVH	Ladies' Pilates 14.00-15.00 12 Sept-12Dec £52 ZOË PC	Men's Pilates 15.15-16.15 12 Sept-12Dec £52 ZOË PC	DanceFit 19.00-20.00 12 Sept-12Dec £52 ZOË PAWS	
THURSDAY	DanceFit 9.00-10.00 13 Sept-13 Dec £52 ZOË DVH	SwissBallPilates 10.15-11.15 13 Sept-13 Dec £48 Not Sept 27th FLEUR DVH				Step & Tone 18.30-19.15 6 Sept- 20 Dec £58 LOUISE DVH	Pilates /Beg 19.30-20.15 6 Sept- 20 Dec £58 LOUISE DVH
FRIDAY	Step 9.15-10.15 14 Sept - 14 Dec £52 ZOË DVH	ZestPlus 10.30-11.30 14 Sept - 14 Dec £52 ZOË DVH					