

Pilates Classes at Bridge of Allan Sports Club

2018 Spring/Summer Timetable

	Morning Classes	Evening Classes
	09.45am - 10.45am	7.30pm - 8.30pm
April/May	24-Apr	24-Apr
	01-May	01-May
	08-May	08-May
	15-May	15-May
	22-May	22-May
	29-May	29-May

	Morning Classes	Evening Classes
	09.45am - 10.45am	7.30pm - 8.30pm
June/July	05-Jun	05-Jun
	12-Jun	12-Jun
	19-Jun	19-Jun
	26-Jun	26-Jun
	03-Jul	03-Jul
	10-Jul	10-Jul

	Morning Classes	Evening Classes
	09.45am - 10.45am	7.30pm - 8.30pm
Aug/Sept	17-Jul	17-Jul
	24-Jul	24-Jul
	31-Jul	31-Jul
	07-Aug	07-Aug
	14-Aug	14-Aug
	21-Aug	21-Aug
	28-Aug	28-Aug
	04-Sep	04-Sep
	11-Sep	11-Sep

Fees

Block of 6 for Club Members £42*

Block of 6 for Non Members £54*

* **Must be taken consecutively**

PAYG £9 members/£11 non members

 No classes on these da

Post Natal Pilates (New!)

	Wednesday Mornings
	10.30am - 11.30am
Launch Block	22-Aug
	29-Aug
	04-Sep
	11-Sep
	18-Sep
	25-Sep

Post Natal Fees*

Block of 6 classes £65

Drop in £11

* Babies allowed, but not at crawling stage.

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