

MON	TUES	WED	THURS	FRI
<p>9.30am Pilates <i>Intermediates</i> Church House, Bingley</p>	<p>9.30am Sculpt & Tone Eastburn Fitness Centre</p>	<p>9.30am Pilates <i>Mixed Ability</i> Sandylands Fitness Centre</p>	<p>9.30am Pilates <i>Improver/Intermediates</i> Sandylands Fitness Centre</p>	<p>9.15am Pilates <i>Intermediates</i> Grassington Town Hall</p>
<p>10.30am Pilates <i>Mixed Ability</i> Church House, Bingley</p>	<p>10.30am Small Equipment Pilates Eastburn Fitness</p>	<p>10.30am Active Over 60s Sandylands Fitness Centre</p>	<p>11.10am Cardio & Tone Eastburn Fitness Centre</p>	<p>10.30am Pilates <i>Beginners</i> Grassington Town Hall</p>
	<p>11.30am Stretch & Strong Pilates Eastburn Fitness Centre</p>	<p>6.00pm Evening Express Pilates Church House, Bingley</p>	<p>12.15pm Lunchtime Express Pilates Eastburn</p>	<p>Group classes at:</p> <ul style="list-style-type: none"> • Eastburn Fitness Centre, nr Steeton • Sandylands Fitness Centre & Gym, Skipton • Church House, Bingley • Town Hall, Grassington
	<p>5.15pm Pilates <i>Intermediates</i> Grassington Town Hall</p>		<p>5.30pm Pilates <i>Mixed Ability</i> Church House, Bingley</p>	
			<p>6.30pm Pilates <i>Intermediates</i> Church House, Bingley</p>	

January 2023!

