www.fitnesswithwendyhall.com

November 2023

MON	TUES	WED	THURS	FRI	
8.15am Pilates Mixed Ability Church House, Bingley	9.30am Sculpt & Tone Eastburn Fitness Centre	9.30am Pilates Mixed Ability Sandylands Fitness Centre	9.15am Pilates Improver/Interme diates Sandylands Fitness Centre	9.15am Pilates Intermediates Grassington Town Hall	
9.30am Pilates Intermediates Church House, Bingley	10.30am Small Equipment Pilates Eastburn Fitness	10.30am Active Over 60s Sandylands Fitness Centre	11.10am Cardio & Tone Eastburn Fitness Centre	10.30am Pilates Beginners Grassington Town Hall	
10.30am Pilates Mixed Ability Church House, Bingley	11.30am Stretch & Strong Pilates Eastburn Fitness Centre	6.00pm Evening Express Pilates Church House, Bingley	12.15pm Lunchtime Express Pilates Eastburn	 Group classes at: Eastburn Fitnes Centre, nr Stee Sandylands Fith Centre & Gym, Skipton Church House, Bingley 	
Intermedia Grassington Hall	5.15pm Pilates Intermediates Grassington Town Hall		5.30pm Pilates Mixed Ability Church House, Bingley		
sswithwendyha 8 862102	ll@gmail.com		6.30pm Pilates Intermediates Church House, Bingley	 Town Hall, Grassington One-to-One & Two-to-One sessions availa 	

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