

Class Timetable

Teachers are Barbara & Steve, both are qualified to Level 3 Diploma Matwork Pilates on the Register of Exercise Professionals (REPs) www.exerciseregister.org

****barbarapilates.com**

07711 756572**

Pilates Classes (All mats and equipment provided / No trainers required)

	DAY	TIME	CLASS		LOCATION
Scarb	Mon	(am) 9.15-10.15	Matwork Pilates	£4	Main Hall, St. James
Scarb	Mon	(pm) 5:30-6:30	Matwork Pilates	£4	Undercroft Room, St. James
Filey	Tues	(am) 9:30-10:30	Matwork Pilates	£4	St. Marys Catholic, Filey
Scarb	Tues	(pm) 12-1	Matwork Pilates	£4	Main Hall, St. James
Reight	Tues	(pm) 4:30-5:30	Matwork Pilates	£4	Reighton Village Hall
Filey	Tues	(pm) 6.30-7.30	Matwork Pilates	£4	Methodist Church, Filey
Filey	Wed	(am) 9.45-10.45	Matwork Pilates	£4	Methodist Church, Filey
Hunm	Wed	(pm) 12.30-1.30	Matwork Pilates	£4	Methodist Cross Hill, Hunmanby
Must	Wed	(pm) 6-7	Matwork Pilates	£4	Muston Village Hall
Scarb	Thur	(pm) 1-1:40	Standing Pilates	£3	Hatton Arts
Filey	Thur	(pm) 4.15-5.00	Pilates 45	£3	St Johns Church
Hunm	Thur	(pm) 6-7	Matwork Pilates	£4	Methodist Cross Hill, Hunmanby
Bromp	Fri	(am) 9:15-10:15	Matwork Pilates	£4	Brompton Village Hall
Scarb	Fri	(pm) 6:30-7:30	Matwork Pilates	£4	Main Hall, St. James
Scarb	Sat	(am) 9:30-10:15	Pilates on the Big Ball	£4	Main Hall, St. James

Fitness Classes (these classes require trainers!)

Bromp	Fri	(am) 10:15-11	Hiit with Pilates	£4	Brompton Village Hall
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LOCATIONS	FULL ADDRESS
St. James, Scarborough	<u>Main Hall & Undercroft Room</u> . 24 Seamer Road, YO12 4DT <u>Main Hall</u> Seamer Road / <u>Undercroft room</u> off Valley Road
Hatton Arts, Scarborough	Hatton School of Performing Arts, 34 Durham St., YO12 7PT
Brompton Village Hall	Brompton by Sawdon, Cayley Lane , Scarborough, YO13 9DL
Methodist Church, Filey	Union Street, Filey, YO14 9DZ
Methodist Cross Hill, Hunmanby	Cross Hill, Hunmanby, YO14 0JT
Muston Village Hall	Carr Lane, Muston, YO14 0EN
St. Mary's Catholic, Filey	23 Brooklands, Filey, YO14 9BA
Reighton Village Hall	St. Helen's Lane, Reighton, YO14 9RX
St Johns Church	West Avenue Filey YO14 9AU