



Mind & Body Matters
Making a difference!

Classes from 1st January 2012

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| Monday | 7.30pm – 8.30pm | Pilates | Didmarton Village Hall |
| Monday | 8.30pm – 9.30pm | Circuits | Didmarton Village Hall |
| Wednesday | 9.00am – 10.00am | Legs, Bums & Tums | My Studio |
| Wednesday | 7.15pm – 8.15pm | Pilates | Kingscote Village Hall |

Why not make up your own bespoke class, email me to discuss further details

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