



Mind & Body Matters
Making a difference!

Classes from 1st January 2010

Monday	7.30pm – 8.30pm	Pilates	Didmarton Village Hall
Monday	8.30pm – 9.30pm	Circuits	Didmarton Village Hall
Tuesday	6.00pm – 7.00pm	Pilates	Westonbirt Sports Centre
Wednesday	9.00am – 10.00am	L.B.T.	Didmarton Village Hall
Wednesday	7.00pm – 8.00pm	Pilates	Wickwar School
Wednesday	8.00pm – 9.00pm	L.B.T.	Wickwar School

***L.B.T.** = Legs, Bums & Tums

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