

TUESDAY	Ruddington	9:30am	Framework Knitters' Museum chapel, Chapel St, Ruddington, Nottingham NG11 6HE
THURSDAY	West Bridgford	12pm	West Bridgford Methodist Church, Musters Rd, West Bridgford, Nottingham NG2 7PQ
THURSDAY	Ruddington	6pm	Framework Knitters' Museum chapel, Chapel St, Ruddington, Nottingham NG11 6HE
FRIDAY	West Bridgford	1pm	West Bridgford Methodist Church, Musters Rd, West Bridgford, Nottingham NG2 7PQ
FRIDAY	Ruddington	6pm	Framework Knitters' Museum chapel, Chapel St, Ruddington, Nottingham NG11 6HE
SUNDAY	Ruddington	10:30am	Framework Knitters' Museum chapel, Chapel St, Ruddington, Nottingham NG11 6HE

Classes must be booked in advance as numbers are capped;

**Ruddington: 5**

**West Bridgford: 8**

If you are unable to attend a session, please contact me in advance to help me confirm numbers. Cancellations within 24 hours are non-refundable and non-transferable.

## **Prices**

*Mat Pilates*

Pay as You Go: £10/£8 first class

4 Session Block: £32

6 Session Block: £48

Your place is only secured when I receive payment.

Pay online bank transfer: Jo Perrett | 40-35-19 | 21495437

For more information and to book a session, please contact me at 07715141587 or [body.align@outlook.com](mailto:body.align@outlook.com)