

Class Timetable from Jan 2022

Classes £3 or £4

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
Filey	Mon	(pm) 5.45-6.30	Pilates 45	£3	St. John's Church, Filey
Filey	Tues	(am) 9.30-10.30	Matwork Pilates	£4	St. John's Church, 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
Must	Wed	(pm) 12.00-1.00	Matwork Pilates	£4	Muston Village Hall
Must	Wed	(pm) 6-7	Matwork Pilates	£4	Muston Village Hall
Filey	Thur	(pm) 4.15-5	Pilates 45	£3	St. John's Church, Filey
Bromp	Fri	(am) 9.15-10.15	Matwork Pilates	£4	Brompton Village Hall
Scarb	Fri	(pm) 4.15-5.00	Pilates 45	£3	Main Hall, St James
Scarb	Fri	(pm) 6.40-7.40	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) 10.25-11.10	Step + (45 mins)	£4	Brompton Village Hall
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LOCATIONS	FULL ADDRESS
St. James, Scarborough	Main Hall @ 24 Seamer Road, YO12 4DT
Brompton Village Hall	Brompton by Sawdon, Cayley Lane , Scarborough, YO13 9DL
Methodist Church, Filey	Union Street, Filey, YO14 9DZ
Muston Village Hall	Carr Lane, Muston, YO14 0EN
Reighton Village Hall	St. Helen's Lane, Reighton, YO14 9RX
St. John's Church, Filey	West Avenue, Filey, YO14 9AU