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## PILATES PROGRAMME WYMONDHAM

TO BOOK FOR A CLASS  
PLEASE TELEPHONE 01953 604331

MONDAY	MAT/STUDIO BEG STUDIO INTER	5.30 - 6.30pm 6.30 - 7.30pm
TUESDAY	STUDIO IMPROV STUDIO BEG	5.00 - 6.00pm 6.00 - 7.00pm
WEDNESDAY	STUDIO INTER STUDIO INTER STUDIO BEG STUDIO BEG/IMPROV STUDIO INTER MATWORK IMPROV	8.30 - 9.30am 10.00-11.00am 11.30-12.30am 1.30 - 2.30pm 5.30 - 6.30pm 6.30 - 7.30pm
THURSDAY	STUDIO BEG STUDIO ADV STUDIO IMPROV	10.00 - 11.00am 6.00 - 7.00pm 7.00 - 8.00pm
FRIDAY	STUDIO INTER	8.30 - 9.30am
SATURDAY	STUDIO BEG	9.00 - 10.00am