



*"Pilates is therapy through movement"*

## Monday

- Diss Improver<#qtip> with Eleanore<#qtip> 9:25 am to 10:25 am Diss Methodist Church
- Aldeburgh Intermediate<#qtip> with Kim<#qtip> 9:30 am to 10:30 am Community & Sports Centre(undefiend)
- Aldeburgh Beg/Int<#qtip> with Kim<#qtip> 10:40 am to 11:40 am Community & Sports Centre(undefiend)
- Diss beginner<#qtip> with Eleanore<#qtip> 11:00 am to 12:00 pm Diss Methodist Church
- Diss Intermediate/Adv<#qtip> with Fiona<#qtip> 1:50 pm to 2:50 pm Diss Methodist Church
- Clacton Intermediate<#qtip> with Fiona<#qtip> 7:15 pm to 8:15 pm Holland on sea Methodist Church
- Clacton Beginner/Improver<#qtip> with Fiona<#qtip> 8:15 pm to 9:15 pm Holland on sea Methodist Church

## Tuesday

- Harleston Intermediate<#qtip> with Kim<#qtip> 9:30 am to 10:30 am Community & Leisure Centre
- Harleston Beginner & Back Care<#qtip> with Kim<#qtip> 10:40 am to 11:40 am Community & Leisure Centre
- Long Melford Improver<#qtip> with Fiona<#qtip> 5:15 pm to 6:15 pm

Tennis Club

- Long Melford Intermediate<#qtip> with Fiona<#qtip> 6:30 pm to 7:30 pm Primary School
- Long Melford Beginner<#qtip> with Fiona<#qtip> 7:30 pm to 8:30 pm Primary School

## Wednesday

- Walpole Intermediate<#qtip> with Kim<#qtip> 9:30 am to 10:30 am Small Group Class The Harmony Centre
- Walpole Improver<#qtip> with Kim<#qtip> 10:40 am to 11:40 am Small Group Class The Harmony Centre
- Acton Improver<#qtip> with Fiona<#qtip> 10:45 am to 11:45 am Acton Village Hall
- Walpole Beginner & Backcare<#qtip> with Kim<#qtip> 11:50 am to 12:50 pm Small Group Class The Harmony Centre
- St Oysth Int/Adv<#qtip> with Fiona<#qtip> 6:00 pm to 7:00 pm Methodist Church
- St Oysth Beginner & Backcare<#qtip> with Fiona<#qtip> 7:10 pm to 8:10 pm Methodist Church

## Thursday

- Clare Improver<#qtip> with Fiona<#qtip> 10:00 am to 11:00 am Clare Football Club
- Clare Intermediate<#qtip> with Fiona<#qtip> 6:00 pm to 7:00 pm
- Diss Beginner & Back Care<#qtip> with Kim<#qtip> 6:20 pm to 7:20 pm Diss Methodist Church
- Diss Intermediate<#qtip> with Kim<#qtip> 7:30 pm to 8:30 pm Diss Methodist Church

## Friday

- Harleston Int/Adv<#qtip> with Miranda<#qtip> 9:30 am to 10:30 am Community & Leisure Centre
- Harleston Beg/Improver<#qtip> with Miranda<#qtip> 10:40 am to 11:40 am Community & Leisure Centre