

Clarence House Pilates Classes

Monday	Hannah	9.30am - 10.30am	Mixed Ability
	Zelah	12.00noon - 1.15pm	Mixed Ability
Tuesday	Karen	2.30pm - 3.30pm	Mixed Ability
	Karen	5.45pm - 6.45pm	Advanced
Wednesday	Kelly	11.30am – 12.30pm	Pregnancy
	Kelly	4.15pm - 5.15pm	Mixed Ability
	Kelly	5.30pm – 6.30pm	Beginners
	Hannah	7.00pm - 8.00pm	Intermediate
Thursday	Zelah	3.00pm - 4.15pm	Mixed Ability
	Zelah	5.45pm - 7.00pm	Advanced
Friday	Zelah	2.00pm - 3.00pm	Beginners
	Hannah	6.00pm - 7.00pm	Mixed Ability
Saturday	Kelly	9.30am – 10.30am	Mixed Ability
	Kelly	11.00am – 12noon	Beginners
Clarence House	01736 363970	info@clarencehousetherapycentre.co.uk	
Hannah Nunes (nee Turk-Richards)	07412 383569		
Zelah Morrall	07969 827849	zelah@penzancephysiopilates.co.uk	
Karen Stafford	07976 458914	personal.pilates@hotmail.co.uk	
Kelly Wakeham	07935 999212	kelly.mindfulpilates@gmail.com	