

Clarence House Pilates Classes

Monday	Hannah	9.30am - 10.30am	Mixed Ability
	Zelah	12.00noon - 1.15pm*	Mixed Ability
	Kelly	4.00pm – 5.00pm	Beginners
Tuesday	Hannah	12.00noon - 1.00pm	Mixed Ability
	Hannah	5.45pm - 6.45pm	Intermediate
Wednesday	Kelly	4.15pm – 5.15pm	Intermediate
	Kelly	5.30pm – 6.30pm	Mixed Ability
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
Note:	Classes are usually run in blocks, so please check availability with individual teachers before attending		
	*Zelah's classes start again week commencing 18 September, for the autumn term		

Clarence House	01736 363970	info@clarencehousetherapycentre.co.uk
Hannah Nunes (nee Turk-Richards)	07412 383569	hannahnunespilates@yahoo.com
Zelah Morrall	07969 827849	zelah@penzancephysiopilates.co.uk
Kelly Wakeham	07935 999212	pilatesforthesoul@gmail.com