

# Clarence House Pilates Classes

<b>Monday</b>	Hannah	9.30am - 10.30am	Matwork - Mixed Ability
	Zelah	12.00noon - 1.15pm	Matwork - Mixed Ability
	Kelly	4.00pm – 5.00pm	Matwork - Improvers
	Kelly	5.15pm – 6.15pm	Matwork - Mixed Ability
<b>Tuesday</b>	Hannah	12.00noon - 1.00pm	Matwork - Mixed Ability
	Hannah	5.45pm - 6.45pm	Matwork - Intermediate
	Hannah	7.00pm – 8.00pm	Matwork - Beginners
<b>Wednesday</b>	Kelly	5.45pm – 6.45pm	Matwork - Mixed Ability
	Kelly	7.00pm – 8.00pm	Matwork - Beginners
<b>Thursday</b>	Zelah	3.00pm - 4.15pm	Matwork - Mixed Ability
	Zelah	5.45pm - 7.00pm	Studio Equipment – Advanced Please contact Zelah regarding this class
<b>Friday</b>	Zelah	2.00pm - 3.00pm	Matwork - Beginners
	Hannah	6.00pm - 7.00pm	Matwork - Mixed Ability
<b>Note:</b>	<p>Classes are usually run in blocks, so please check availability with individual teachers before attending</p> <p>All classes are matwork, except Thursdays at 5.45pm, which is a Studio Equipment class. It is essential to contact Zelah before attending this class</p>		

<b>Clarence House</b>	01736 363970	info@clarencehousetherapycentre.co.uk
<b>Hannah Nunes</b>	07412 383569	hannahnunespilates@yahoo.com
<b>Zelah Morrall</b>	07969 827849	zelah@penzancephysiopilates.co.uk
<b>Kelly Wakeham</b>	07935 999212	pilatesforthesoul@gmail.com