

Clarence House Pilates Classes

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| Monday | Hannah | 9.15am - 10.15am | Matwork - Mixed Ability |
| | Hannah | 10.30am - 11.30am | Matwork - Mixed Ability |
| | Zelah | 12.00noon - 1.15pm | Matwork - Mixed Ability |
| | Kelly | 4.30pm – 5.30pm | Matwork – Beginners / Improvers |
| | Kelly | 5.45pm – 6.45pm | Matwork - Mixed Ability |
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| Tuesday | Hannah | 12.00noon - 1.00pm | Matwork - Mixed Ability |
| | Hannah | 5.45pm - 6.45pm | Matwork - Intermediate |
| | Hannah | 7.00pm – 8.00pm | Matwork - Mixed Ability |
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| Wednesday | Kelly | 5.45pm – 6.45pm | Matwork - Improvers |
| | Kelly | 7.00pm – 8.00pm | Matwork - Beginners |
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| Thursday | Zelah | 3.00pm - 4.15pm | Matwork - Mixed Ability |
| | Zelah | 5.45pm - 7.00pm | Studio Equipment – Advanced Please contact Zelah regarding this class |
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| Friday | Zelah | 2.00pm - 3.00pm | Matwork - Beginners |
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| Note: | Classes are usually run in blocks, so please check availability with individual teachers before attending 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 | | |

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| Clarence House | 01736 363970 | info@clarencehousetherapycentre.co.uk |
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| Zelah Morrall | 07969 827849 | zelah@penzancephysiopilates.co.uk |
| Kelly Wakeham | 07935 999212 | pilatesforthesoul@gmail.com |