

STUDIO & ONLINE PILATES CLASSES

@ Back To Health, Hoole, Chester



Give it a try

Friday Morning

10.30am Mixed Abilities

Tuesday Evening

6pm Beginners

7pm Intermediate

Classes are 55 minutes

Join us in the studio or log in at home,
you choose!

Led by Spinal physiotherapy specialist APPI
Level 3 qualified instructor, Caz Lutchmiah.

Mats will be 2m apart and windows open.

For details message via Facebook or email

caroline@tri-physio.com

