



Thames Studio Pilates

Thames Lodge 61 Reading Road Henley On Thames

07737799216

Monday 9.30am Baby Ballet 18mths-3.5yrs 35mins

Monday 10.15am Mums Mat Pilates babies and pre-school children welcome

Monday 11.15am Baby Ballet 18mths-3.5yrs 35mins

Tuesday 1pm Mums Body Conditioning babies and pre-school children welcome

Tuesday 2pm Baby Ballet 18mths-3.5yrs 35mins

Wednesday 9.30am Mat Pilates

Wednesday 10.30am Mat Pilates

Wednesday 11.30am Boxfit

Thursday 9.30am Boxfit

Thursday 10.30am Boxfit

Thursday 11.30am Mat Pilates

Friday 2pm Baby Ballet 18mths-3.5yrs

To Book email rachelloyd2002@hotmail.com

www.thamesstudiopilates.com