

2019 Client Masterclass Calender

Thursday	16 May	Donna Pourteymour	Sort Your Hips Out	12pm-2pm	£ 75.00
Thursday	13 June	Donna Pourteymour	Help, I Can't Straighten My Leg!	12pm-2pm	£ 75.00
Thursday	11 July	Dominique Beaumont	Breathing Into the Core	12pm-2pm	£ 75.00
Friday	12 July	Dominique Beaumont	Cleanse and Revitalize	12pm-2pm	£ 75.00
Friday	6 September	Donna Pourteymour	Sort Your Head Out	1115am-115pm	£ 75.00
Friday	13 September	Catherine Barrand	The Truth About Stretching	1115am-115pm	£ 75.00
Thursday	19 September	Emma Burnett	The Pilates Balancing Act	12pm-2pm	£ 75.00
Sunday	22 September	June McLucas	Pilates for Golf	930am-1130am	£ 75.00
Thursday	7 November	Donna Pourteymour	Your Feet CAN Change Your Spine	12pm-2pm	£ 75.00
Friday	15 November	Donna Pourteymour	Learn to Love Your Plank	1115am-115pm	£ 75.00
Thursday	21 November	Emma Burnett	Pilates Rock and Roll: Spinal Flexion and Extention	12pm-2pm	£ 75.00