

**Venue:** Tongham New Community Centre, Farnham, Surrey

**monday**

**Pilates Improvers**  
12.00 – 1.00 pm  
Christine Jason  
\*Church

**Pilates Improvers**  
6.00 – 7.00 pm  
Belinda Buttery

**Pilates Improvers**  
7.00 – 8.00 pm  
Belinda Buttery

**Pilates Improvers**  
8.00 – 9.00 pm  
Belinda Buttery

**Additional Monday Class:**

**Pilates Improvers (Monday)**  
7.45 – 8.45 pm  
Christine Jason

**tuesday**

This 2nd class is held at the Church of the Good Shepherd, Dockenfield, Farnham.

**wednesday**

**Studio and Small Equipment**  
6.00 – 7.00 pm  
Belinda Buttery

\*The Monday lunchtime class is also held at the Church of the Good Shepherd.

**thursday**

**Pilates Beginners**  
6.00 – 7.00 pm  
Zoe Charles

**Pilates Improvers**  
7.00 – 8.00 pm  
Christine Jason

**friday**

**saturday**