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**Lizzy@pilates-isle-of-man.co.uk/07624427401**

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| **COLBY** |  | **PEEL, December- January, 2025.**  |

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| **Monday****17:00-18:00** | **Monday****18:15-19:15** |  | **Monday****9:30-10:30** | **Monday****10.45-11.45** | **Wednesday 17:15 -18:15**  | **Thursday****18:15-19:15** | **Friday****9:30-10:30** | **Saturday****9:30 -10:30** |
| 14/10/24 | 14/10/24 |  | 14/10/24 | 14/10/24 | 16/10/24 | 17/10/24 | 18/10/24 | 19/10/24 |
| 21/10/24 | 21/10/24 |  | 21/10/24 | 21/10/24 | 23/10/24 | 24/10/24 | 25/10/24 | 26/10/24 |
| 28/10/24 | 28/10/24 |  | 28/10/24 | 28/10/24 | 30/10/24 | 31/10/24 | 01/11/24 | 02/11/24 |
| 04/11/24 | 04/11/24 |  | 04/11/24 | 04/11/24 | 06/11/24 | 07/11/24 | 08/11/24 | 09/11/24 |
| 11/11/24 | 11/11/24 |  | 11/11/24 | 11/11/24 | 13/11/24 | 14/11/24 | 15/11/24 | 16/11/24NO CLASS |
| 18/11/24 | 18/11/24 |  | 18/11/24 | 18/11/24 | 20/11/24 | 21/11/24 | 22/11/24 | 23/11/24 |

**NAME**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **CONTACT:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**T+C’s apply to all bookings and may be found on website. Bookings are NON Transferable and NON Refundable, but may be used within a 7 day period, subject to availability.**

***£10 per class. Card Machine/Cash/Cheques payable to: Mrs Elizabeth R Main***

***Loyalty Cards: £60 for 6 Classes, valid for 2 months.***

***BACS:*** Mrs E Main T/A Pilates Isle of Man, Account Number: 48321160 Sort Code: 30-12-80

*Also Available:*

*Paracise, Wednesday Colby Methodist Hall, 9:30 and Pilates Studio, Peel, 11:00, £6 per class, first class free!*

*Chair Based Pilates, Thursday, Pilates Studio, Peel, 9:30, £6 per class, first class free!*