



## **COURSE SCHEDULE**

**Peach Perfect, County Business Centre, Jackson St, Springhead, OL4 4TZ:**

**Tues 18 Feb – Tues 07 Apr incl. NO CLASSES ON 10 MAR OR 17 MAR**

10.30am – 11.30am      6 week course

**Back4Good – Healthy Backs**

**Peach Perfect, County Business Centre, Jackson St, Springhead, OL4 4TZ:**

**Wed 19 Feb – Wed 08 Apr incl. NO CLASSES ON 11 MAR**

11am-12pm                      7 week course                      Group matwork

**Gatehead Mill, Delph New Road, Delph, OL3 5BY:**

**Wed 19 Feb – Wed 08 Apr incl. NO CLASSES ON 11 MAR**

5.45pm – 6.45pm                      7 week course

**Back4Good – Healthy Backs**

**Gatehead Mill, Delph New Road, Delph, OL3 5BY:**

**Wed 19 Feb – Wed 08 Apr incl. NO CLASSES ON 11 MAR**

6.45pm – 7.45pm                      7 week course                      Group matwork

**Ebenezer Congregational Church, 4 School St, Uppermill, OL3 6HB:** These classes are taught by High Performance Pilates for Saddleworth Physio. Classes are on **Mondays** at 10am, 6.30pm and 7.30pm and usually run in 4 week blocks at £36 per block. If you would like to enrol for these classes, please contact: [physio@zen.co.uk](mailto:physio@zen.co.uk) or call 01457871777