PLANNING 2026/27

CLASSES HOME STUDIO, LEVIGNAC

Tuesdays	Pilates: Back to Basics, **TRIO**	7.30 pm - 8.30 pm	Leviganc	all levels
Wednesdays	Pilates for Golfing & Racket-Sports	9.00 am - 10.00 am	online & **2 places hybrid (Levignac)**	all levels
Wednesdays	Pilates for Swimming	7.30 pm - 8.30 pm	online & **2 places hybrid (Levignac)**	all levels
Fridays	Pilates for your Health, **TRIO**	10.30 am - 11.30 am	Levignac	all levels
Fridays	Pilates & Fascia	2.30 pm - 3.30 pm	Leviganc	all levels
Saturdays	Pilates for Running	9.00 am - 10.00 am	online & **2 places hybrid (Levignac)**	all levels

subject to small changes: please register via Email: info@pilates-for-athletes.com