

## SPRING 2024 COHORT

## PILATES

## EXCLUSIVE, SUBSIDISED CLASSES - JUST £2.50 A CLASS!

East Ham Care Centre Tuesdays 26th March - 28th May Book here>> Mile End Hospital - Tower Hamlets
Wednesdays
17th April - 26th June
Book here>>

Trust HQ
Wednesdays
3rd April - 5th June
Book here>>

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Twinwoods
Wednesdays
3rd April - 12th June
Book here>>

Newham Centre for Mental Health Thursdays 25th April - 27th June Book here>>

> Vivienne Cohen House Thursdays 25th April - 27th June <u>Book here>></u>