

SPRING 2024 COHORT

PILATES

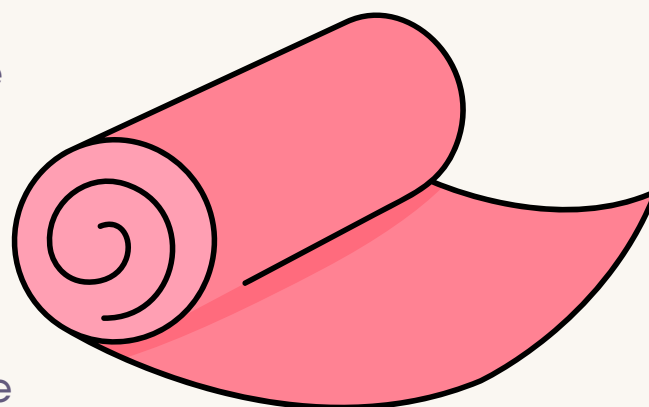
East Ham Care Centre
Wednesdays
26th March - 28th May
[Book here>>](#)

Mile End Hospital - Tower Hamlets
Wednesdays
17th April - 26th June
[Book here>>](#)

Trust HQ
Wednesdays
3rd April - 5th June
[Book here>>](#)

Newham Centre for Mental Health
Thursdays
25th April - 27th June
[Book here>>](#)

Twinwoods
Wednesdays
3rd April - 12th June
[Book here>>](#)



Vivienne Cohen House
Thursdays
25th April - 27th June
[Book here>>](#)