



ELFT WELLBEING

Join us for subsidised PILATES

10 Weeks of pilates classes at a subsidised rate of £25.00, just £2.50 per class! Classes begin this Spring, book your places now!

Trust HQ

Wednesdays

3rd of April -5th June

5:30pm-6:30pm

[Click to Book](#)

East Ham Care Centre

Tuesdays

26th of March - 28th of May

5:30pm-6:30pm

[Click to Book](#)

Newham CfMH

Thursdays

25th of April - 27th of June

5:30pm-6:30pm

[Click to Book](#)

Twinwoods

Wednesdays

3rd of April -12th June

5:30pm-6:30pm

[Click to Book](#)

Tower Hamlets

Wednesdays

17th of April 26th June

5:30pm-6:30pm

[Sold Out](#)

Vivienne Cohen House

Thursdays

25th of April -27th of June

5:30pm-6:30pm

[Sold Out](#)



Scan the QR Code to book

Contact us:

elft.employee.engage@nhs.net

