



Romsey Pilates www.romseypilatesandtherapy.com

Online Classes September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
9.15 Fitness Pilates	9.15 Yoga	9.15 Matwork Pilates	9.15 Fitness Pilates	9.15 Matwork Pilates
	14.00 Matwork Pilates			
17.30 Matwork Pilates		17.25 Fitness Pilates		
		18.35 Matwork Pilates		18.00 Yoga

I will use Zoom for my online classes. Below is a link for tutorials on how to use it:

<https://support.zoom.us/hc/en-us/categories/200101697>

Price per class per person £6.50 or £12 (instead of £13) for a couple!

If you like you can purchase a card for 6 classes for £36 (instead of £39)

To keep the class secure people will be able to participate only with a link and password that is sent via email to each person!

To book email stefaniapasquali@aol.com

Thank you