

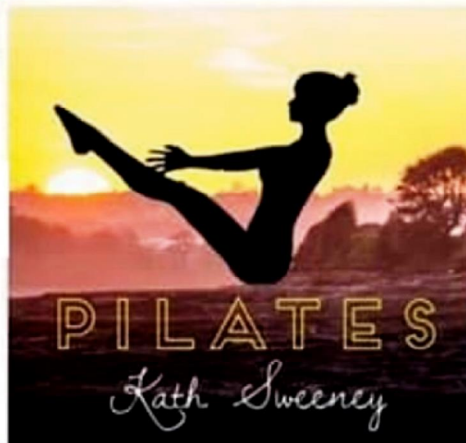
KATH SWEENEY PILATES

PILATES GOLD

**TUES 10-11AM
DINAS POWYS
PARISH HALL**

**THURS 10-11AM
PENARTH
SEA CADETS**

*Pilates for over
60's*



PILATES FITNESS

**TUES 6:30-7:30PM
PENARTH
FAIRFIELD
SCHOOL**

**WED 5:45-6:45PM
SULLY
OLD SCHOOL HALL**

PILATES STRETCH & STRENGTH

**TUES 5:55-6:25PM
PENARTH
FAIRFIELD SCHOOL**

KATH SWEENEY PILATES

STUDIO REFORMER PILATES IN SULLY

T: 07738957638.