



MINDFUL PILATES WITH A PHYSIOTHERAPIST

Aligning body and mind

Class Details

Summercroft School – Main Hall

Tuesdays: 6.30pm – Mixed ability

Wednesdays: 6.30pm – Beginners

Thursdays: 6.30 pm – Beginners

Parsonage Lane Community Hall

Thursdays: 1-2pm – mixed ability

Fridays: 12-1pm - mixed ability

Zoom: Mondays 9am



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