

The Bespoke Approach

Pilates & Yoga

Everybody is unique & Every Body is unique

Group Class Schedule - May 2017

MONDAY

9.30 - 10.45 Yoga East Linton

TUESDAY

9.00 - 10.00 65+ Pilates Drem

10.30 - 11.30 Pilates Drem

18.30 - 19.30 Pilates Athelstaneford

WEDNESDAY

9.30 - 10.30 Pilates Drem

18.30 - 19.30 Pilates North Berwick

THURSDAY

6.45 - 7.45 Rise & Shine Yoga Drem

Contact Betsy to book or for further information

Call 07922 439 165

betsy@thebespokeapproach.com

www.thebespokeapproach.com



The Bespoke Approach

Everybody is unique & Every Body is unique

**Individual Pilates Sessions
on Traditional Equipment & Mat**

Drem, by North Berwick



Improves strength, stability and flexibility

Provides energising workout

Engages your body & mind

Suitable for all ages and levels of fitness

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