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## **Pilates Mat with Manon**

Monday: 18:00–19:00



## **Covid-19**

All classes are currently via Zoom till the end of August, due to the pandemic. We will review the situation and if possible resume face to face classes from September 2021.

### **Introduction**

1 hour pilate class on the mat.

### **Location**


-  **Sports Hall, Kesgrave Community Centre, Twelve Acre Approach, Kesgrave IP5 1JF**

### **Contact**

-  **Manon Palmieri**
-  **07773 456078**
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 [@YogaWithManon](#)

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 [www.yogawithmanon.co.uk](http://www.yogawithmanon.co.uk)

Last updated: 23 July 2021

Location: Kesgrave Community Centre - IP5 1JF