

# Mixed Ability Pilates

Mondays- Winchelsea New Hall-  
9.30am

Thursdays- Ore Community Centre-  
6pm

Fridays- Winchelsea New Hall- 9.30am  
Pre Natal Pilates- Ore Community  
Centre- 11.30am



Contact Hannah on 07936151529 or  
email  
hannahpilateshastings@gmail.com  
for more information or to book a  
space 😊