



Holiday Period Closures

UNTIL 18TH DECEMBER

Normal clinic hours (weekdays 6am - 12pm & 2 - 5pm and Saturday 7 - 10am) with clinical classes and one-on-one sessions.

21ST - 23 DECEMBER

Normal clinic hours and one-on-one sessions but no clinical classes.

Pilates timetable continued until 18th December.
Closed on the 19th December and reopens 4th of January 2021.

24TH - 3RD JANUARY

CLOSED

4TH JANUARY

Reopened with normal hours

Reception closed from close of business on 24th December and reopened Monday 4th January 2021.