

A woman with long brown hair, wearing a grey tank top and dark leggings, is performing Pilates exercises on a reformer machine. She is in a side profile, looking forward, with her arms extended and hands on the machine's handles. Her legs are raised and bent at the knees, with her feet on the machine's footplate. The background is a bright, airy studio with large windows and a stone wall.

# Pilates Timetable

## **Monday**

9.30am - 10.30am

11.00am - 12.00pm

## **Location**

Haworth Baptist Church

Oakworth Village Hall

## **Tuesday**

5.30pm - 6.30pm

6.45pm - 7.45pm

## **Location**

Haworth Baptist Church

## **Wednesday**

6.00pm - 7.00pm

## **Location**

Riddleston Institute

## **Friday**

9.30am - 10.30am

10.45am - 11.45am

## **Location**

Riddleston Institute

Riddleston Institute