

PHYSIOLED PILATES

CLASS CALENDAR 2019

MONDAY

LINLITHGOW 6pm & 7pm

Scout Hall,
13 Mill Road,
Linlithgow EH49 7RA

Instructor
Máire Doyle

POLMONT 5.30pm, 6.30pm & 7.30pm

Church Hall,
Main Street,
Polmont FK2 0PT

Instructor
Catriona Taylor

TUESDAY

FALKIRK 9.30am & 10.30am

Cow Shed,
Callendar House,
Callendar Park,
Falkirk FK1 1YR

Instructor
Catriona Taylor

GRANGEMOUTH 6.45pm & 7.45pm

Grangemouth
Athletics Stadium
Grangemouth FK3 0EE

Instructor
Jude Burnett

WEDNESDAY

FALKIRK 5.30pm, 6.30pm & 7.30pm

Falkirk Football Stadium,
4 Stadium Way,
Falkirk FK2 9EE

Instructor
Lucy Livingstone

LIVINGSTON 6pm & 7pm

Deans Community High
School (Dance studio)
Eastwood Park
Livingston
EH54 8PS

Instructor
Katrina McMaster

LINLITHGOW 9.30am & 10.30am, 5.30pm & 6.30pm

The Old Pavilion
By Linlithgow Cricket
Ground, Edinburgh Road,
Linlithgow EH49 6AB

Instructor
Máire Doyle
(9.30am & 10.30am classes)
Jude Burnett
(5.30pm & 6.30pm classes)

THURSDAY

BO'NESS 6.15pm & 7.15pm

The Old Kirk
Panbrae Road
Bo'ness EH51 0EN

Instructor
Hazel MacDonald

FRIDAY

BATHGATE 10am & 11am

Pyramids Fitness Centre,
Pyramids Business Park,
Bathgate EH48 2EH

Instructor
Lucy Livingstone

SATURDAY

SUNDAY

Meet our instructors



Lucy Livingstone



Katrina McMaster



Máire Doyle



Hazel MacDonald



Iona Hamilton



Sheila Croken



Catriona Taylor



Jude Burnett

Email us

admin@physioledpilates.com

Book classes online

www.physioledpilates.com

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