

# PHYSIOLED PILATES

## CLASS CALENDAR 2018

### MONDAY

#### LINLITHGOW 6pm & 7pm

Scout Hall,  
13 Mill Road,  
Linlithgow EH49 7RA

**Instructor**  
Máire Doyle

#### POLMONT 5.30pm & 6.30pm

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

Choose You Yoga Studio  
Carmondean House  
Carmondean Centre South  
Livingston EH54 8PJ

**Instructor**  
Katrina McMaster

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

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

**Instructor**  
Máire Doyle (9.30am)  
Jude Burnett

### THURSDAY

#### BO'NESS 6.15pm & 7.15pm

The Old Kirk  
Panbrae Road  
Bo'ness EH51 0EN

**Instructor**  
Hazel MacDonald

### FRIDAY

#### BATHGATE 9.45am, 10.45am & 11.45am

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](mailto:admin@physioledpilates.com)

Book classes online

[www.physioledpilates.com](http://www.physioledpilates.com)

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