

## CLASS CALENDAR 2020

### MONDAY

#### **BATHGATE** 10am

Pyramids Fitness Centre  
Pyramids Business Park  
Bathgate EH48 2EH

**Instructor**  
Lucy Livingstone

#### **LINLITHGOW** 6pm, 7pm & 8pm

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**  
Iona Hamilton  
(5.30pm & 6.30pm)  
Jo Trammond (7.30pm)

#### **LARBERT** 6.30pm

Larbert Old Parish Church,  
19 Denny Road,  
Larbert FK5 3AB

**Instructor**  
Catriona Taylor

#### **LIVINGSTON** 5.30pm & 6.30pm

Bellsquarry Village Hall  
Calder Road, Livingston  
EH54 9AA

**Instructor**  
Katrina McMaster

### 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

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

The Old Pavilion  
Edinburgh Road  
Linlithgow  
EH49 6AB

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

### 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

## MEET YOUR INSTRUCTORS



Lucy Livingstone



Katrina McMaster



Máire Doyle



Hazel MacDonald



Iona Hamilton



Jo Trammond



Catriona Taylor



Jude Burnett

Email us

[admin@physioledpilates.com](mailto:admin@physioledpilates.com)

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