

# Equilibrium - YogaPilates Blend - Thursday 7pm



Location **South West, Gloucestershire**  
<https://www.freeadsz.co.uk/x-589153-z>



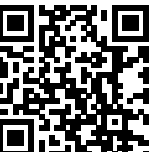









St. Joseph's Church Hall, Oldends Lane - Thursday 7:00 pm  
 Also 9:30 am at Douglas Morley Church, Elm Road.

This is a gentle flowing Yoga class with Pilates elements added.  
 For those with more limited mobility to increase mobility and balance it incorporates stretch, strength & Yoga postures.

You can expect to improve your strength and flexibility, seeing the benefits within 8-10 weeks.  
 â€(Suitable for fitter beginners and intermediate level.

Prices:  
 £8 Pay as you go  
 £40 for 6 session card (use within 2)

 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>	 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>	 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>	 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>	 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>	 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>	 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>	 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>	 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>	 <p>Equilibrium - YogaPilates Blend - Thursday 7pm  <a href="https://www.freeadsz.co.uk/x-5891">https://www.freeadsz.co.uk/x-5891</a></p>
---	--	--	--	---	--	--	--	--	--