



# Pilates with John

**Tuesday evenings at 6:30pm**

**Morpeth Rugby Club, Mitford Road, Morpeth  
NE61 1RJ**

**Friday evenings at 6pm**

**St.Mary's Village hall, St Mary's Park, Morpeth  
NE61 6BL**

**£6 per class. Pay as you go**

**For availability and to book a place, contact John**

**Mobile: 07981170123**

**Email: [contrology1975@gmail.com](mailto:contrology1975@gmail.com)**