

Bälans Pilates Studio & Treatment Rooms

Heaven and Hell Half Marathon 28th April 2013

Open Day

Timetable of events at Bälans

09.30	Doors open		
10.00	Pre-Race Loosener	Preparation Stretch Demonstration	20 minutes
11.00	Race Starts		
11.20	Pilates for Beginners taster class		20 minutes
12.00	BarreConcept taster class		20 minutes
12.40	Stretching for Sports taster class		20 minutes
13.20	Post Race Stretch off	'Cooling down with a cool head'	20 minutes
14.00	Pilates for Beginners taster class		20 minutes
14.40	Stretching for Sports taster class		20 minutes
15.20	BarreConcept taster class		20 minutes