



**NEW**

**LUNCHTIME PROGRAMME:  
OCTOBER–JANUARY 2019/20**

**MON – Pilates**  
**TUE – Mindful Movement**  
**WED – Shake it off**  
**THU – Breathing Space**  
**FRI – Yoga**

**FOR FULL DETAILS PLEASE VISIT [WWW.STPETERS.ORG.UK](http://WWW.STPETERS.ORG.UK) OR  
PICK UP A PROGRAMME FROM RECEPTION.**