

MILESTONE
THERAPY CENTRE



class schedule

updated April 2022

MONDAY

11.00am

Tai Chi for Health
with
Cosmo Stephanides

TUESDAY

5.30pm & 7.00pm

Pilates
with
Michelle Ford

THURSDAY

9.30am

Yoga with
Kerry Brind

Free parking on-site

FOR MORE CLASS INFORMATION PLEASE VISIT

MILESTONETHERAPYCENTRE.CO.UK

Ingham Road, Stalham NR12 9DS | PH: 07941 817481 | [@milestonetherapycentre](https://www.instagram.com/milestonetherapycentre)