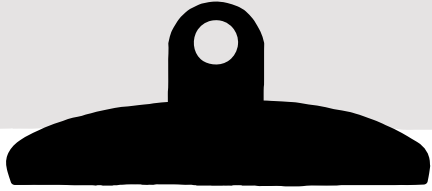


# Quarterly Newsletter



Hi,

January has been quite a stressful month of venue issues and difficult decisions so I am looking forward to the fresh new month of February!

Have a read and see what's new!

**Feel free to contact me anytime on  
07947910071 or  
hello@charlottebrawn.com**

*Charlotte xx*

## CLASSES CHANGES & ONLINE SESSIONS

Due to the changes being made on Tuesday & Thursday evenings it has left little time to focus on promoting my new Women's Wellness class so for the time being I have chosen to pause this class until Spring time.

You will soon receive an email about getting access to the Live Online Classes and Xpress Saturday morning classes and how you can access these. Please check your junk mail for any emails from me and reach out at if you're struggling to access online contact.



## CLASS CHANGES

I have had to make the hard decision to move our Thursday evening classes at Southill Parish Hall to Tuesday evenings at Broom Village Hall. I will monitor this change over the next few weeks and see how it goes. Thank you to everyone for their continued support around this.

I have also amended Tuesday mornings Pilates to Pilates Fit & Flow due to the uncertainty of the heating at Southill. The class simply incorporates more standing Pilates and Pilates flows to warm the body a little more before hitting the mats!

*Reminder* →

## IMPORTANT DATES & REMINDERS

Classes are not be running on the dates below:

- Monday 10th March - Sunday 16th March 2025
- Good Friday 18th April 2025
- Easter Monday 21st April 2025
- Monday 5th May 2025 (bank holiday)

There will also be no evening classes running from Monday 28th April - Friday 2nd May - All morning classes will be running this week!

*PTO for Feb Timetable*