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"Another fantastic course. I really enjoyed the variation to the mat work and looked forward to class every week. It was great to learn the moves incorporating the Barre and I loved the tempo of the class. All in all a great workout that complemented the other course I was on and the weekly classes. Great job!" Mairead

'I thoroughly enjoy the Barre Pilates class, a great combination of Ballet and Pilates, the toughest yet most enjoyable class I have done in a very long time and loving the relaxation at the end of the class too. Pauline increases the intensity gradually each week and her detailed knowledge and experience shine through'