



CLASS SCHEDULE



D L S P H Y S I O T H E R A P Y

Monday

9:15am - Lower Body

12pm - Upper Body

4pm - Strength &
Balance

6pm - Back to
Exercise

Tuesday

5pm - Back to
Exercise

6pm - Lower Body

Wednesday

6pm - Upper Body

Thursday

9:15am - Upper Body

11am - Balance Class

5pm - Lower Body

6pm - Pilates

7pm - Pilates

Friday

11am - Stretch &
Breathe

12pm - Lower Body

1pm - Pilates

Saturday

9:15am - Body Blitz

11am - Pre/postnatal
Pilates

12pm - Runners'
Pilates



07833 655534 DLSPHYSIOTHERAPY@GMAIL.COM

Our Services

Physiotherapy

The treatment of problems affecting muscles, joints, nerves and soft tissues. It can help you to restore movement, manage disability, build strength, and reduce the risk of further injury.

Acupuncture

An ancient technique that uses fine, dry needles in strategic points. Acupuncture can help relieve pain, muscle spasm, headaches, and stress.

Sports Massage

Sports massage therapy can help you recover from injury and as a part of your injury prevention strategy. It contributes to keeping the body in a good condition, aiding mobility, improving circulation, and boosting performance.

Injury Rehabilitation

We offer one-to-one training sessions uniquely tailored to your goals and requirements. This type of bespoke therapy can be especially helpful for managing pre and post-op pain, and for getting you back on your feet after an injury.

Prices

Conditioning / mobility classes: £6 per class / £30 for a block of 6 sessions

Pilates: £7.50 per class / £37.50 for a block of 6 sessions



51 Cleasby Road
Menston
Ilkley
LS29 6HZ

Opening Hours:
Monday - Thursday 8am - 7pm
Friday - 8am - 5pm



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WWW.DLSPHYSIOTHERAPY.COM