

PILATES in Ealing Hanwell January 2016





Free parking available.

The class is suitable for all ages, both male and female. No experience required, all levels of fitness welcome.

Drop in for a single session, or book a Block of sessions at a reduced price.

~~ try exercises online at PILATES Shape&Relax ~~

OFFER OF THE MONTH: Get a free session when you take a new subscription.

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