

# PILATES in Ealing Hanwell January 2016



Location **London, London**  
<https://www.freeadsz.co.uk/x-231549-z>

MONDAY 6.30pm-7.30pm

Venue: West Middlesex Lawn Tennis Club, 6 Berners Drive, Ealing W13 0JS.  
 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.

PILATES Shape-and



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