

PILATES in Ealing - Lunchtime 2016



Location **London, London**

<https://www.freeadsz.co.uk/x-231550-z>

WEDNESDAY 1pm - 2pm

Venue: St Andrew's Church Centre, Mount Park Road, Ealing W5 2RS.

Also at this venue TUESDAY 6.45pm-7.45pm

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 get a Block of sessions at a reduced price.

No need to book your first class as there is always place for those coming for the 1st time, but please let us know you are coming.

~~ 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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