

Pilates classes (8 GBP)



Location **London, London**
<https://www.freeadsz.co.uk/x-399271-z>



Learn a language your way!

Build your abdominals, improve your posture, tone up your muscles, improve your mobility. See your body shape improve and tone up. Classes at Aperfield WI Hall Lebanon Gardens Biggin Hill. Beginners and improvers. Wednesday's at 6-7, Thursday's at 5.30 -6.30 Payments 1 week in advance or discount block booking Exercise as intensely like or as gently as you like. ;



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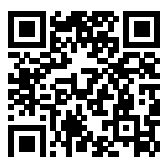
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