











PILATES in Ealing (10 GBP)



Location **South East, Middlesex**  
<https://www.freeadsz.co.uk/x-423818-z>



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. The classes available: TUESDAY 6.45pm-7.45pm WEDNESDAY 1pm-2pm Venue: St Andrews Church, Mount Park Road, Ealing W5 2RS Free parking available. 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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