

# PILATES CLASS IN BRIGHTON (10 GBP)



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-530367-z>

Weekly pilates classes in 3 different locations in Brighton and Hove.

Hove  
 102 Western Road BN3 1FA

Brighton  
 12 Regency Square BN1 2FG



Kemptown  
 Church Place BN2 5JN

I am Body Control Pilates teacher and my classes are suitable for all levels, beginners are very welcome.

Pilates is so much more than strengthening your core, it helps to keep your back healthy, also stretches & relaxes your entire body.

If you are considering trying Pilates now would be a great time to book and take your first class for free.

Following that drop in price is £10 per class or / A block of 5 classes is £45.

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