

PILATES CLASSES

BRAMHALL QUEENSGATE TENNIS CLUB

IMPROVE POSTURE
IMPROVE STRENGTH
IMPROVE FLEXIBILITY

Beginners/Intermediate Courses

Mondays or Fridays

Term time only

9.30 – 10.30 am

PLACES LIMITED

Please reserve a place in advance

NEW BEGINNERS CLASS

10.45 - 11.45am Fridays

£7.00 PER CLASS

CALL 07971243745 FOR FURTHER DETAILS



Angela Beckley Pilates



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