

Pilates ABC Henley



Tuesdays

10.00am – 11.00am & 11.15am – 12.15am

Wednesdays

6.30pm – 7.30pm & 7.45pm – 8.45pm

Small classes to suit the individual using Pilates principles to help clients gain a better understanding of their own body and improve alignment and functional movement.

For adult beginners/mixed ability

www.pilatesabc.co.uk

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