

Pilates @ The Habit

Pilates is a movement system designed to strengthen, align and stretch for a more balanced body

Monday	Tuesday	Wednesday	Thursday	Friday
	9.30 – 10.30am	9.30am – 10.30am		9.30am – 10.30am
	5.15pm – 6.15pm	5.30pm – 6.30pm		5.15pm – 6.15pm

£8 per 1-hour lesson, or save and book a course of 6 for £40.00

All lessons must be book prior to your arrival

Private sessions are available on request

