

REFORMER PILATES CLASSES @ MOVE CLINICS

241 ACTON LANE CHISWICK W4 5DD



SMALL CLASSES = MAXIMUM IMPACT
NO MORE THAN 5 PER GROUP

6 WEEK BLOCK £90

25% DISCOUNT FOR SEPTEMBER

BOOKINGS PAY ONLY £67.50

13TH SEPTEMBER – 23RD OCTOBER

CLASS TIMETABLE

MONDAY

1.00 – 2.00PM

7.30–8.30PM

8.35 – 9.35PM

WEDNESDAY

5.45 – 6.45PM

FRIDAY

9.00–10.00AM

SATURDAY

COMING SOON

CAN'T FIND A TIME TO SUIT GIVE US A CALL AS WE MAY BE ABLE TO HELP



Reformer exercise improves core strength and balances the muscles around the joints, improving the way your body functions, looks and feels.

CLASS TIMETABLE/INSTRUCTOR SUBJECT TO CHANGE. NO REFUND FOR MISSED CLASSES

MINIMUM NUMBERS REQUIRED FOR CLASSES TO COMMENCE.

YES YOU CAN BOOK MULTIPLE COURSES TO USE OVER THE NEXT SIX MONTHS