



For all your

PILATES MATWORK needs

- Beginners •Advanced •Progression
- Classical •Remedial •Workshops
- Affordable & Effective
- Saturday and Evening 1hr group classes
- £132.50/10wk term.

FREE • CLASS/DEMO • SAT • 6 • OCT

**12noon-1pm Balcony studio
Academy • Mews • Dance • Studios
15 Pratt Mews NW1 0AD**

See Chris's well trained Advanced students demonstrate work at their level, make connections with Basics, join in and experience Basic level condition and stretch. Go home feeling lighter and brighter.

- TO BOOK** just **TEXT** your name and the word
•**DEMO** to •**07881 494212**.

Then just bring yourself in comfortable clothing.



ONGOING • TASTER • CLASS • DEAL •

2 classes in 2 consecutive weeks, £17.50.

See web for times and how to book. NEW • STUDENTS • WELCOME