



Fit & Fabulous Pilates & Personal Training All levels and All ages Welcome



Day	Discipline	Location	Time	Info
Monday	Weighted Work Out	Virtual / Zoom	9am	Live Classes
	Pilates	Virtual / Zoom	10am	Old Coulsdon Bowling Club Coulsdon Road
	Pilates	Live Class OCBC	2.30pm	Old Coulsdon
	Pilates	Virtual / Zoom	6pm	CR5 2LD
Tuesday	Pilates	Virtual / Zoom	9.30am	Live Classes £10
Wednesday	Pilates	Virtual / Zoom	9.30am	Zoom Classes £9
	Total Body Tone	Virtual / Zoom	10.30am	When your purchase
	Pilates	Live Class OCBC	12.30pm	a course
Thursday	Pilates	Virtual / Zoom	11.30am	Pay as you go
	Pilates	Virtual / Zoom	7pm	£11 per class
	Pilates (Men Only)	Virtual / Zoom	8pm	
Saturday	Themed Pilates	Virtual / Zoom	9am	

“Pilates with Allison has helped me stay mobile, retain my independence and enjoy life”

Feel Fit & Look Fabulous

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