



# Fit & Fabulous Pilates & Personal Training For all ages, levels and abilities

Day	Discipline	Location	Time
Monday	Weighted Work Out	Virtual / Zoom	9am
	Pilates	Virtual / Zoom	10am
	Pilates	Live Class Old Coulsdon Bowling Club	2.30pm
	Pilates	Virtual / Zoom	6pm
Tuesday	Pilates	Virtual / Zoom	9.30am
Wednesday	Pilates	Virtual / Zoom	9.30am
	Total Body Tone	Virtual / Zoom	10.30am
	Pilates	Live Class Old Coulsdon Bowling Club	12.30pm
Thursday	Pilates	Virtual / Zoom	11.30am
	Pilates	Virtual / Zoom	7pm
Saturday	Themed Pilates	Virtual / Zoom	9am

*Allison's Pilates has helped me stay mobile, retain my independence and enjoy life"*

**Call 07899 754 762**

**Website [www.fitandfabulouspilates.com](http://www.fitandfabulouspilates.com)**

**Email [allison@fitandfabulouspilates.com](mailto:allison@fitandfabulouspilates.com)**