



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
	NEW Themed Pilates	Virtual / Zoom	6pm
Tuesday	Pilates	Virtual / Zoom	9am
Wednesday	NEW Pilates	Virtual / Zoom	7am
	Pilates	Virtual / Zoom	9am
	Total Body Tone	Virtual / Zoom	10am
	Pilates	Live Class Old Coulsdon Bowling Club	12.15pm
Thursday	NEW Themed Pilates	Virtual / Zoom	9am
	Pilates	Virtual / Zoom	7pm

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

Call 07899 754 762

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