

Physio-led Pilates classes

IT Works, Suite 20, Intech House, 34-35 Wilbury Way,
Industrial estate, Hitchin, Herts. SG40TW

Suitable for all levels/abilities,
including low back pain and post natal.

Please bring a mat and a towel

£ 8 per class

block book for 4 weeks and get 5th week FREE!

Saturdays 8 am – 8.45am

Sundays 10am - 10.45am

Jane Cooper

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Please call for further details or to book a place.

1:1 sessions also available if required.