

SUPPORTED BY THE MAYOR OF
LONDON'S STRONGER
COMMUNITIES FUND

FREE PILATES CLASS FOR WOMEN

*for women on low income, unemployed,
refugees, asylum seekers Black and
ethnic minorities living in Brent*

Tuesdays at 12:00–13:00

Thursdays at 18:30–19:30

Sundays at 10:00 –11:00

ONLINE via ZOOM

To book a class go to:

<https://bookwhen.com/brentpilates>

For information contact: brentpilates@gmail.com
07709750559