

# MAT WORK PILATES CLASSES

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## CLASS TIMES

Monday 9.30 - 10.30am

Wednesday 6 - 7pm

Thursday 6 - 7pm

Friday 2 - 3pm

£20 per class OR

6 classes for £108 (£18 per class)

12 classes for £192 (£16 per class)



**BOOK ONLINE**

**020 8332 1132**

**richmondphysio.co.uk**

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