

Pilates

With

Gillian Greenwood, BCPTT, AFAA, RSA, ITEC
Holistic Health and Fitness Consultant

TEL: 020 7385 3577

E-mail: pilates@gilliangreenwood.com

Web Site: www.gilliangreenwood.com

Venues: Budokwai 4 Gilston Rd SW10 9SL Fulham Rd nr C&W Hosp & Cineworld
Baden-Powell House 65-67 Queens Gate SW7 5JS corner Cromwell Road

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
Budokwai Club 11am	Budokwai Club 11am	Budokwai Club 11am
Budokwai Club 12pm		
Baden-Powell House 6pm		
Baden-Powell House 7pm		

Class duration 55 mins No refunds

Fee

Single Group Class £14
10 Group Classes £110 (you save £30)

*One Private lesson £75 (I can visit your home)

*Shared session (2 clients) £75 + £25

* 24hrs notice cancellation for private lessons

Class enquiry

Please email if possible or telephone Gillian 0207 385 3577. All levels, all ages welcome. If you are new to Pilates it will help if you watch the 10 min video of Gillian teaching on the website and watch the class beforehand. Pre-natal please speak to Gillian before arriving at class.

Please bring an extra pair of socks and 'clingly', yet comfortable, clothing that shows body position, also a medium-sized towel to put under your head.

No classes on Bank Holidays.

Awarded highest score Survey of Pilates teachers 'Gillian has a touch of the Guru about her'
EVENING STANDARD

'London's Top Pilates Therapist and Well-being Guru' THE LONDON PAPER

The Hot List 'Best Pilates Teacher' ES Magazine