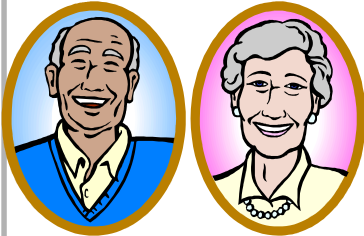


Pilates (beginners)

The Malden Centre, Blagdon Road, New Malden



Open To

- ◆ All beginners



We Offer

- ◆ Pilates (slow and measured movements to create lean and strong muscles, improves posture, flexibility, and prevents injury)



Contact

020 8336 7770

www.dcleisurecentres.co.uk/sites/malden/home.html