

Welcome to North Kensington

Pilates

Relax, breathe, align and improve your strength
and flexibility



**Tuesdays & Fridays at
9am – 10am**

Online Pilates with Raquel

For more information please see

Calendar link [click here](#)

Website link [click here](#)



To register and access the class please call or message us on

07933539418 or email info@hdcc.london