



Pilates for TWO

Enjoy your Pilates exercise in a private class setting with your friend, spouse or family member.

- Flexible schedule
- Improve your core muscle control and body flexibility
- Exercise tailored for rehabilitation and injury prevention
- Personal attention by our qualified physiotherapist
- Fun exercise

For Enquiry:
Physiotherapy Centre Tel: 28490760
Opening Hours: Monday - Friday 8am - 7pm
Saturday 8am - 6pm



One-on-one pilates, Gyrotonic and postural assessment programmes are also available

Website: www.matilda.org