

Fit and Fabulous

Pilates and Personal Training

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All levels and All ages Welcome



Due to COVID 19 all classes will be virtual for the rest of 2020

Day	Discipline	Location	Time	
Monday	Weighted Work Out	Virtual / Zoom	9.45am	Pilates helps improve posture. Increases flexibility, aids sleep and promotes relaxation. Total Body Tone strengthens bones and joints, increase fitness levels and help increase fat burning. 10-week course £ 60
	Pilates	Virtual / Zoom	10.45am	
	Pilates	Virtual / Zoom	6pm	
	Pilates	Virtual / Zoom	7pm	
Tuesday	Pilates	Virtual / Zoom	9.30am	Personal Training or Private Pilates Self –conscious, no room at home or just require one 2 one tuition. All conducted online from our gym
Wednesday	Pilates	Virtual / Zoom	10am	
	Total Body Tone	Virtual / Zoom	11am	
Thursday	Pilates	Virtual / Zoom	11.30am	
	Pilates	Virtual / Zoom	7pm	
	Pilates (Men Only)	Virtual / Zoom	8pm	
Saturday	Pilates / Weights	Virtual / Zoom	9am	
Daily	Personal Training - Bespoke Sessions by Appointment			

“Pilates with Allison has helped me stay mobile, retain my independence and enjoy life”

Feel Fit & Look Fabulous

Office 01883 347 079

Mobile 07899 754 762

Website www.fitandfabulouscaterham.com

Email allison@fitandfabulouscaterham.com