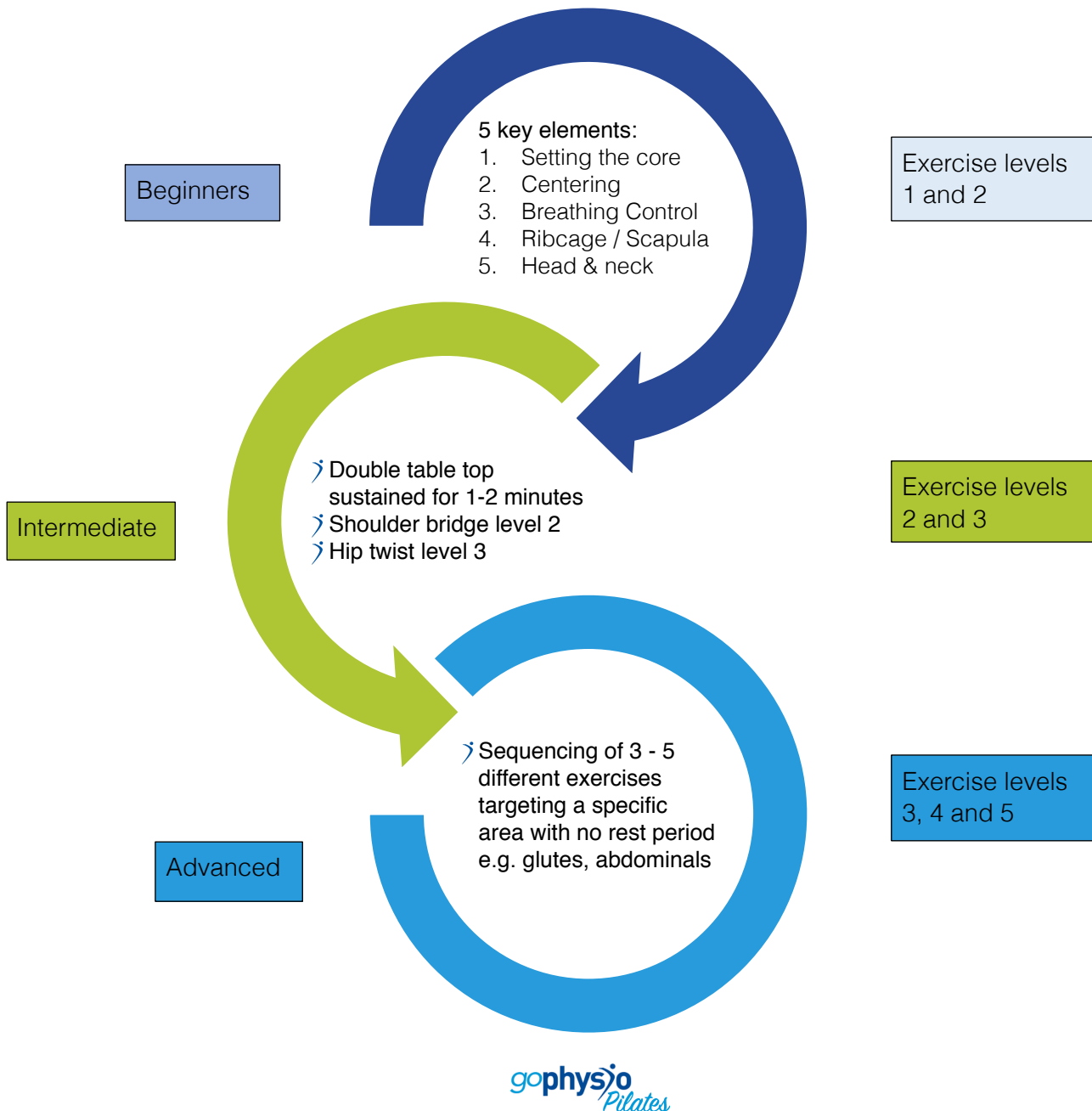


Which level of Pilates class is right for you?

- Are you ready to progress and challenge yourself with the next level?
- Follow the diagram below to see what skill set you require to start each level.



Challenge yourselves during this time of isolation with our online Pilates classes. Then book a 1:1 review when the clinic re-opens and see if you have met that challenge and are ready to progress to the next level.