

# Pilates 6-week Course

## Beginner-Improver

Thursday 1 May  
Bishopton - 9.30 am

*"Change happens through movement  
and movement heals."*

*- J. Pilates*

Book online

[www.theflowpilates.uk/schedule](http://www.theflowpilates.uk/schedule)



# Affordable Pilates For Beginners 2025 For Experts

**Michal Rosen-Zvi**



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