



Barre Floor classes

Body conditioning workout on the mat, combining ballet movements with alignment of yoga and the precision of Pilate



Wednesday's: 6.00pm-7.00pm

5 classes for £25

**Location: Gunnersbury Triangle
Sport and Social Club**

The Ridgeway

W3 8LN

Acton

**For more info or to book get in touch
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www.the-fitness-evolution.com