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events

Pilates Class.

EVENT DETAILS



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We organise thousands of quality team building events & Christmas parties each year!



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Pilates Class.

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10-500
People



Available
Nationwide



1 Hr



Held
Indoors



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Overview

Experience the benefits of Pilates at your location, office, or venue, led by a certified Pilates instructor. All equipment, including mats, is provided, ensuring a seamless and comfortable session. Whether you're a beginner or more experienced, each session is tailored to suit all group sizes and levels.

What's Included?

- ✓ Pilates at your location, office or venue
- ✓ Led by a certified Pilates instructor
- ✓ Tailored sessions for all group sizes & levels
- ✓ Focus on core strength, flexibility & posture
- ✓ Full risk assessments & £5million public liability insurance
- ✓ Well-kept and maintained equipment

Benefits

- ✓ Sense of Achievement
- ✓ Enhancing Motivation
- ✓ Working towards a common goal
- ✓ Learning New Skills
- ✓ Fun for All

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0161 341 0052

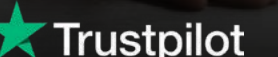


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**Saving YOU
Hassle!**


ABTA No. Y6501


★★★★★

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What happens at your event?

The instructor will turn up to your venue (e.g. office or hired space) and will set up all the equipment such as mats in a manner to allow the participants plenty of space to stretch out and move freely and comfortably.

The instructor will get you to warm up before delving deep into some low-impact exercises which are designed to promote a strong mind-body connection, focusing on core strength, flexibility, and posture.

With a duration of 1 hour, you'll leave feeling refreshed and empowered, with practical tips to incorporate into your daily routine. Pilates is the perfect addition to group classes, event boosts, or as a conference energizer.



Saving YOU
Hassle!

ABTA
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Trustpilot
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Is this something
you'd like to book?

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CONTACT US

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- www.funktionevents.co.uk

What happens when you book?

We'll send you a quick digital agreement to sign, followed by an invoice for the 25% deposit (or 100% if within 6 weeks), which you can pay easily online, over the phone or by BACS.

- Saving YOU Hassle
- Inclusive Events UK Wide
- Encouraging Participation

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