

Pilates
Sports Massage

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stoke Newington <i>Treatment room</i> 87 Sandbrook Road London N16 0SL Tel. 07818 242 713 www.philipbishop.co.uk £45 per hour</p>	8am - 8pm	8am - 11am	8am - 6pm			8am - 4pm
<p>Primrose Hill <i>Triyoga</i> 6 Erskine Road London NW3 3AJ Tel. 020 7483 3344 www.triyoga.co.uk £60 per hour</p>		12pm - 4pm	5pm - 9pm	8am - 12pm	12.45m - 4.45pm	
<p>Bond Street <i>Pilates off the Square</i> 4 Mandeville Place London W1U 2BG Tel. 020 7935 8505 www.pilatesoffthesquare.co.uk £55 per hour</p>				2pm - 6pm		