


Method
Putkisto

CHANGE - Performance

Method Putkisto STUDIO

Lean & Lifted - Summer special



Method Putkisto: Dynamic & Deep Stretches
= Lean & Lifted Body – the Method Putkisto way!

From TOP – to TOE!

DATE

Tuesday 19th May • TIME 2-4.15pm

PRICE

£105 (note: maximum 8 participants)

BOOKINGS & ENQUIRIES

Call 020 8878 7384

METHOD PUTKISTO STUDIO

56 Derby Road
London SW14 7DP
studio@methodputkisto.com
www.methodputkisto.com