

### ***'Empowering people through movement with the method of Joseph Pilates'***

Pi Studios in Chelsea and Battersea offer the highest calibre of classical Pilates in London.

As a client you will learn to follow a prescribed and dynamic system of exercises designed to progress in a seamless fashion, advancing from one movement to another, utilizing all the classical apparatus designed by Joseph Pilates.

What are the results you can expect from Pilates training at a Pi Studio?

- An energised, pain free & strong body
  - New or refreshed core connection
  - Changed body shape & improved muscle tone
  - Free from chronic weakness

We combine great teaching from highly skilled and experienced [instructors](#) with beautiful studio spaces and apparatus. Our fun and dynamic approach means that Pi Studios is sought out by celebrities and sportsman and recommended by specialists in the wellness industry. Whether you are new to Pilates or a seasoned Pilates practitioner Pi Studios offers an enjoyable and highly effective Pilates workout.

Pi Studio Battersea is situated just off Battersea Square. The studio has been at the heart of Battersea for over 7 years and its reputation for professionalism, classical Pilates and a fun workout makes it a firm favourite with Battersea locals. Our Battersea studio is also our primary training area for those undertaking Power Pilates [instructor](#) training.

Pi Studio Chelsea is the newest member of the Pi Pilates group. It is situated just off the Kings Road making it the perfect location for anyone in the Kensington and Chelsea area. Pi Chelsea offers a uniquely beautiful studio space as well as the signature Pi Pilates workout.

## Welcome to PI Studios - Home of Power Pilates

Written by Administrator

Thursday, 18 March 2010 10:04 - Last Updated Friday, 23 April 2010 14:40

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***'Fitness is the first requisite to happiness' Joseph H Pilates***