



P i l a t e s

# NEW COLLECTION

PILATES-YOGA-BARRE



Revitalise your pilates, yoga, barre workout with our New collection of high-quality props, grip socks, and active wear.

BY TFJ PILATES

@tfjnicosia

@elinapilates\_cyprus





EXCLUSIVE &  
OFFICIAL DISTRIBUTOR  
CYPRUS

# WHY CHOOSE THE FITNESS JOINT & TFJPILATES

We supply premium equipment for gyms, Pilates studios, physiotherapy centres and wellness spaces.



### PREMIUM QUALITY

Carefully selected, top-tier equipment built for performance, durability and safety.



### WIDE RANGE

Complete solutions for gyms, Pilates studios, rehab & wellness facilities.



### EXPERT SUPPORT

From consultation to after-sales support, our team is with you every step of the way.



### RELIABLE SERVICE

On-time delivery, professional installation and dependable service you can trust.

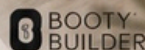


### TRUSTED PARTNER

We build long-term relationships by delivering value, quality and results.



### PREMIUM BRANDS WE DISTRIBUTE



AND MORE...

[www.tfjnicosia.com](http://www.tfjnicosia.com)

@tfjnicosia

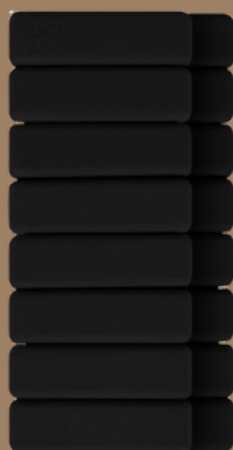
@elinapilates\_cyprus

# Silicone Ankle & Wrist Weights

The Silicone Ankle & Wrist Weights combine soft silicone with a stable inner core to ensure maximum comfort and a secure hold. They fit comfortably around wrists and ankles without cutting in or slipping - perfect for intense workouts and daily activities.

- Skin-friendly silicone: Soft, flexible & comfortable to wear - no cutting or rubbing
- Non-slip design: Stays securely in place, even during quick movements
- Durable & long-lasting: Withstands intensive training sessions without any problems
- Sweat & water resistant: Stays hygienic & easy to clean

Smoky Black



Creamy Beige



Milky Tea Brown



39€

Silicone Ankle & Wrist Weights 0.5kg pair  
(total 1kg, 2lbs)

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# Silicone Ankle & Wrist Weights ( Triangle )

Triangle ankle weights made from premium silicone and stainless iron, these triangle-shaped weights are designed for versatility and comfort. The soft silicone exterior provides a smooth, non-slip surface, while the stainless iron core ensures balanced weight distribution for optimal performance during workouts.

Perfect for Pilates, barre, yoga sculpt, walking and at-home strength, they're weighted enough to feel effective, yet comfortable enough to wear for longer sessions.

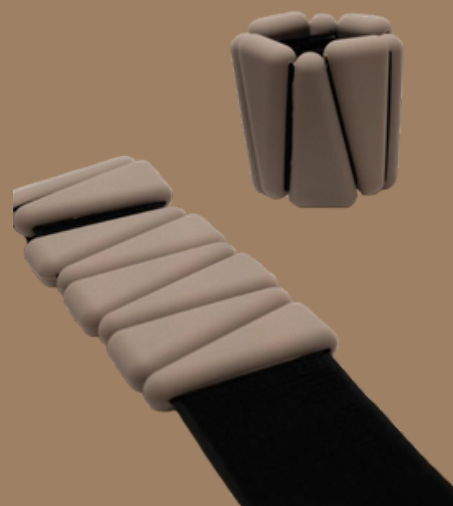
These are the weights you actually keep out – and actually use.

Wear them on wrists or ankles to add challenge to mat Pilates, barre flows, sculpt sessions, rehab work or even daily walks.

Smoky Black



MilkyTea Brown



49€

Silicone Ankle & Wrist Weights 1kg pair  
(total 2kg, 4.4lb)

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# Silicone Pilates Weighted Ball

Use our Silicone Pilates Weighted balls to add resistance and weight to your arm workouts to tone, sculpt and strengthen.

- These weights are the perfect accessory for Pilates and yoga classes, weighing 1.5kg per ball add a light and constant resistance to your slow and controlled workouts.
- Use for yoga and Pilates, slow and controlled movements.
- Ergonomically designed, our Pilates weights are so easy and comfortable to hold with a soft silicone coating, textured and quality finish.
- Beautiful to hold and hygienic, easy to wipe clean and compact, they will store away neatly for your home and studio workouts.
- Adding light weights will help you tone your arms, shoulders, chest and back.

Smoky Black



Creamy Beige



Milky Tea Brown



27€

Silicone Pilates Weighted Ball 1,5kg pcs

3.3lbs

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## Silicone EZ-BAR

The Silicone EZ-BAR is equipped with a soft, skin-friendly silicone coating that ensures maximum comfort and excellent grip. Even during intensive workouts, the barbell stays securely in your hands and offers you a pleasant training experience.

- Ergonomic design for comfortable and effective training
- Versatile - Hot Yoga, Pilates or Sculpt Yoga
- Soft silicone coating for grip and comfort

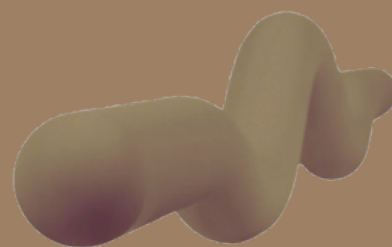
Smoky Black



Creamy Beige



MilkyTea Brown



99€

Silicone EZ-BAR 6.8kg, 91cm pcs 15lbs

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# Silicone Dumbbell Weights

The Silicone dumbbell set features a soft, skin-friendly silicone coating that provides maximum comfort and grip.

The stable inner core ensures durability and lasting shape stability, ideal for reliable training.

- Ergonomic design for comfort and balance
- Versatile - Hot Yoga, Pilates or Sculpt Yoga
- Skin-friendly silicone coating for a pleasant feel and stylish look

Smoky Black



Creamy Beige



MilkyTea Brown



39€–49€

Silicone Dumbbell Weights 1kg pair (total 2kg, 4.4lbs) & 1.5kg pair (total 3kg, 6.6lbs)

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# Silicone Dumbbell Weights

The Silicone dumbbell set features a soft, skin-friendly silicone coating that provides maximum comfort and grip.

The stable inner core ensures durability and lasting shape stability, ideal for reliable training.

- Ergonomic design for comfort and balance
- Versatile - Hot Yoga, Pilates or Sculpt Yoga
- Skin-friendly silicone coating for a pleasant feel and stylish look

Smoky Black



MilkyTea Brown



59€

Silicone Dumbbell Weights 2kg pair (total 4kg ,8.8lbs)

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# Silicone Weighted Triangle

The Silicone weighted triangle is the perfect addition to your home workouts, yoga, Pilates, kettlebell and strength training routines.

Whether you are a fitness enthusiast, Pilates lover or looking to enhance your strength training, our silicone weighted triangle is the perfect choice.

- Ergonomic design for comfort and balance
- Versatile - Hot Yoga, Pilates or Sculpt Yoga
- Skin-friendly silicone coating for a pleasant feel and stylish look

Smoky Black



Creamy Beige



Milky Tea Brown



52€ - 62€

Silicone Weighted Triangle 3.2kg & 4.5kg  
7lbs & 10lbs

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# Silicone Circle Weight Ring

The Silicone circle weight ring features a soft, skin-friendly silicone coating that provides maximum comfort and grip.

The stable inner core ensures durability and lasting shape stability, ideal for reliable training.

- Combination of kettlebell and dumbbell for versatile workouts
- Ergonomic design for even weight distribution and comfort
- Compact and easy to store - ideal for flexible training at home or on the go

Smoky Black

Creamy Beige

Milky Tea Brown



45€ – 55€

Silicone Circle Weight Ring 2.3kg & 3.6kg  
5lbs & 8lbs

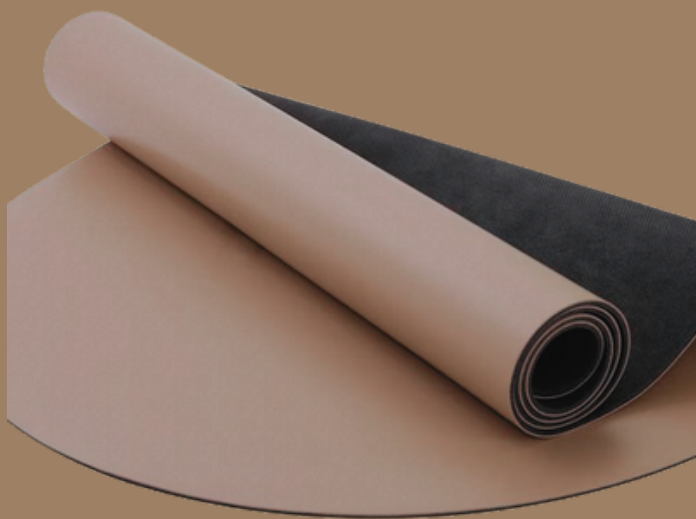
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## Rubber + PU Yoga & Pilates Mat

The rubber base + Pu yoga & pilates mat offers you exactly what you need for your practice: non-slip grip, optimal cushioning and long-lasting quality. The specially developed PU surface absorbs moisture so that you always stay safe in your poses, even during sweaty sessions.

The rubber base + Pu yoga & pilates mat combines high-performance technology with sustainable materials – for maximum grip, stability and comfort.

- PU surface – moisture-absorbing, extra non-slip & durable
- Natural rubber underside – sustainable, stable & free from harmful substances
- The high grip technology and non-slip natural rubber base ensures you stay rooted and connected to your mat, no matter how dynamic your practice becomes
- Skin-friendly materials – free from harmful plasticizers



Biscuit Brown

69€

Rubber Base+Pu Surface Mat 183x66x5mm

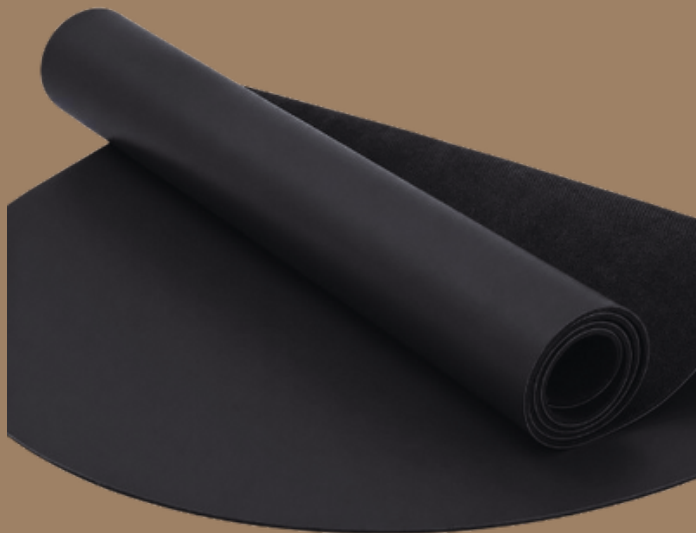
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## Rubber + PU Yoga & Pilates Mat

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- Skin-friendly materials – free from harmful plasticizers



Smoky Black

69€

Rubber Base+Pu Surface Mat183x66x5mm

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# Textile Resistance Bands Set

Textile Elastic Resistance Bands for Full-Body Training - Crafted with elastic cotton-blend fabric, these resistance bands feature a textured surface designed to help minimize slipping during workouts. The woven exterior aims to provide comfort against the skin, while the reinforced internal structure with latex layering supports consistent tension during exercises. Engineered to withstand repeated stretching, they adapt to lower-body exercises and mobility training routines.

- High-end Quality - Our resistance bands are elastic, durable, wear-resistant and breathable, the thickened elastic material makes them more flexible and sturdy, they can be repeatedly stretched and used for any type of workout.
- Three Resistance Levels - The exercise bands resistance offer three resistance levels: light (light grey), medium (grey) and heavy (black).



Multi Grey/Black

29€

Textile Resistance Bands Set  
(light,medium,heavy)

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# Textile Resistance Bands Set

Textile Elastic Resistance Bands for Full-Body Training - Crafted with elastic cotton-blend fabric, these resistance bands feature a textured surface designed to help minimize slipping during workouts. The woven exterior aims to provide comfort against the skin, while the reinforced internal structure with latex layering supports consistent tension during exercises. Engineered to withstand repeated stretching, they adapt to lower-body exercises and mobility training routines.

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- Three Resistance Levels - The exercise bands resistance offer three resistance levels: light (light brown), medium (sand) and heavy (brown).



Multicolour  
Brown

29€

Textile Resistance Bands Set  
(light,medium,heavy)

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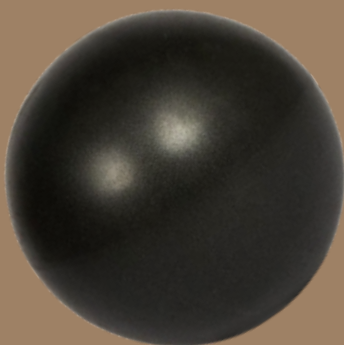
## Pilates Soft Ball Mini 20cm

Upgrade your workouts with our NEW Pilates Ball – a premium, durable accessory designed to elevate your Pilates, yoga, and home fitness practice. Crafted from thick, high-quality PVC with an anti-burst design, this Pilates ball offers long-lasting support, safety, and performance for every move.

Take your training to the next level with the Smoky Black Pilates Soft ball. Perfect for balance exercises, deep stretching and activating core muscles, this versatile product is a must-have for Pilates, yoga and reformer fans.

- Versatile for Pilates, yoga, reformer training and core training
- Promotes balance, stability and a strong core
- Perfect for stretching, mobility and conscious movement

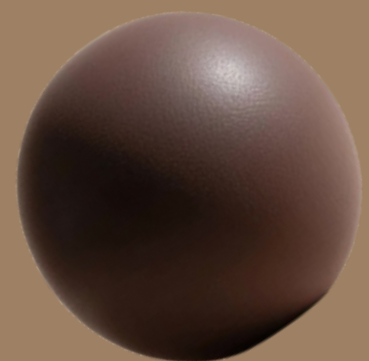
Smoky Black



Ivory



Chocolate



15€

Pilates Soft Ball Mini 20cm

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## Essential Non Slip Pilates Grip Socks.

Experience unparalleled comfort and stability with our Essential Non Slip Pilates Grip Socks.

Mid-rise - a studio favorite for everyday use.

Designed to improve stability, safety and performance for yoga, pilates and barre styles of exercise. Crafted from high quality, breathable organic cotton.

Size: One size fits all.

Ideal for: Pilates, Yoga, Barre.

Material: 74% Organic Cotton, 16% Polyester, 6% Nylon, 4% Elastane.

### Care instructions:♥

Wash me like you love me!

- Cold wash, inside out.
- Wash by hand if possible.
- No bleach, no tumble dry.
- Air dry only.
- Keeping me soft will keep me strong.

Be gentle. Either hand wash or machine wash in cold water on the gentle cycle. If using a machine, it's best to place them in a laundry bag to protect them further just like other delicates. Use a mild detergent and never use bleach. Refrain from using fabric softener.



22€ pair, 54€ three pairs set (black, white, beige)

Essential Non Slip Pilates Grip Socks.

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# The Invisible Non Slip Pilates Grip Socks



Embrace versatile style with targeted performance. Our Invisible Pilates Grip Socks feature a protective heel tab, a robust non-slip grip pattern, and a below-ankle silhouette—delivering essential stability for dynamic studio sessions.

Designed for a clean, minimal look, these ultra-low socks are barely visible while offering unparalleled comfort and control. Perfect for Pilates, yoga, and barre, they help improve balance, safety, and overall performance.

Crafted from high-quality, breathable organic cotton for all-day comfort.

Size: One size fits all

Ideal for: Pilates, Yoga, Barre

Material: 74% Organic Cotton, 16% Polyester, 6% Nylon, 4% Elastane

## Care instructions:

Wash me like you love me.

- Cold wash, inside out
- Hand wash recommended or machine wash on a gentle cycle
- Use a laundry bag if machine washing
- Mild detergent only
- No bleach, no fabric softener
- Do not tumble dry
- Air dry only
- Do not iron (especially important for silicone grip styles)
- Turning your socks inside out ensures the cushioned soles and heels are thoroughly cleaned.

Gentle care keeps them soft—and strong.



Invisible Dots Black Pilates Grip Sock



Invisible Plaid Black Pilates Grip Sock



22€ pair, 36€ two pairs set (plaid & dots black)

Invisible Non Slip Pilates Grip Socks.

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# Anti-Slip Pilates Reformer PU Mat 5mm



Anti-slip Reformer Pilates Mat is set up to make your Pilates sessions more colorful, hygienic, and super fun! Our 5 mm reformer mats are made of natural rubber at the bottom for extra gripping and a top that is made from nice soft PU . Our mats help you to stay cool while working out and provide an extra barrier between you and the reformer. Our mats Breathable and water-absorbent, wet and dry, non-slip. Please avoid any direct sunlight. All of our mats are Non-toxic, formaldehyde-free and phthalates.

## Anti-slip Reformer Pilates

### Pu Mat 5mm

Available Colours:

(creamy beige, soft grey, milky tea brown)



49€

Anti-Slip Pilates Reformer PU Mat 5mm

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# Life in Balance Extra Large Canvas Tote Bag



## Life in Balance Extra Large Canvas Tote Bag

This spacious and stylish tote is designed for your on-the-go lifestyle. Crafted with premium canvas material for durability and timeless style. The generous size provides plenty of room for groceries, gym gear, books, beach essentials, or even as an overnight bag. It stands up to daily wear and tear while maintaining its shape and style.



Cream Extra Large Canvas Bag



Black Extra Large Canvas Bag

39€

Life in Balance Extra Large Canvas Tote Bag

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# Premium Tumbler with Handle & Straw

Stay hydrated throughout your day with the TFJ Pilates Premium Tumbler. Designed for workouts, studio sessions, commuting, and everyday use, this stylish oversized tumbler features an ergonomic handle, reusable straw, and a tapered base that fits most vehicle cup holders. The minimalist design combines functionality and elegance, making it the perfect hydration companion wherever you go.

- \* Large-capacity tumbler for all-day hydration
- \* Comfortable ergonomic side handle
- \* Reusable straw for easy sipping
- \* Secure lid design to help reduce spills
- \* Tapered base fits most standard cup holders
- \* Durable stainless-steel construction
- \* Modern matte finish with TFJ Pilates branding
- \* Suitable for cold and hot beverages
- \* Type: Insulated tumbler with handle
- \* Material: Stainless steel body
- \* Lid: Clear lid with reusable straw
- \* Colour: Cream
- \* Brand: TFJ Pilates
- \* 40 oz / 1200 ml



22€

Premium Tumbler with Handle & Straw

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# Stainless Steel Sports Bottle

The TFJ Pilates Stainless Steel Sports Bottle is designed for active lifestyles. Featuring a sleek matte finish and practical carry loop, this bottle is ideal for the gym, outdoor activities, travel, and everyday hydration. Its minimalist design offers durability and convenience while maintaining a modern premium look.

- \* Sleek and lightweight sports bottle design
- \* Integrated carry loop for easy transport
- \* Secure screw-top lid
- \* Durable stainless-steel construction
- \* Wide-mouth opening for easy filling and cleaning
- \* Matte black finish with TFJ Pilates branding
- \* Suitable for daily use, sports, and travel
- \* Type: Sports water bottle
- \* Material: Stainless steel body
- \* Lid: Screw-top lid with carry loop
- \* Colour: Black
- \* Brand: TFJ Pilates
- \* 32 oz / 950 ml



18€

Stainless Steel Sports Bottle

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# New Products

SHOP NOW





# tfj Pilates Canvas Bags

— NEW —

SHOP NOW



- CREAM
- BLACK



EXTRA LARGE  
CAPACITY



DURABLE  
CANVAS



LIGHTWEIGHT  
& STYLISH



BUILT FOR  
EVERYDAY

Spacious. Stylish. Made for your everyday.  
From the studio to the street and everywhere in between.

**tfj**  
Pilates

# LUXURY

## — HYDRATION —

PREMIUM QUALITY. EVERYDAY ESSENTIALS.



PREMIUM  
QUALITY



KEEP HOT  
OR COLD



LEAK  
RESISTANT



CUP HOLDER  
FRIENDLY



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PILATES



GYM



WORK



TRAVEL

SHOP NOW →

HYDRATE. PERFORM. REPEAT. ♥



Pilates

— NEW —

# tfjPilates

Pilates Reformer  
Anti - Slip Mat PU 5mm

Our Pilates Reformer Mat is made of high-quality PU leather and rubber, which is soft, comfortable and durable. It is not only natural and environmentally friendly, but also has the function of quick sweat absorption, ensuring comfort and safety during use.

SHOP NOW

## COLOURS

- BEIGE
- BROWN
- CHARCOAL



BEIGE

BROWN

CHARCOAL

# New Products Shop Now

Milky Tea Brown

SHOP NOW

✓ **Silicone Ankle & Wrist Weights 1kg pair**

Triangle ankle weights made from premium silicone and stainless iron, designed for versatility and comfort.

✓ **Silicone Dumbbell Weights 2kg Pair**

The Silicone dumbbell set features a soft, skin-friendly silicone coating that provides maximum comfort and grip. The stable inner core ensures durability and lasting shape stability, ideal for reliable training.



Functional  
Stylish  
Made to Move



# New Products Shop Now

Black

SHOP NOW

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Triangle ankle weights made from premium silicone and stainless iron, designed for versatility and comfort.

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Functional  
Stylish  
Made to Move





tfj  
PILATES  
- ΕΠΙΧΕΙΡΗΣΗ &  
ΣΤΑΣΙΟΝ ΕΡΓΑΣΙΩΝ

tfj  
Pilates  
&  
elina  
PILATES

Dinamica  
Ballet  
Barre

OFFICIAL  
DISTRIBUTOR  
CYPRUS

PREMIUM EQUIPMENT.  
TIMELESS DESIGN.  
EXPERTLY CURATED.



P i l a t e s

# Dinamica

## Ballet Barre

DESIGNED FOR PERFORMANCE.  
MADE TO INSPIRE.



UPRIGHTS DESIGNED  
TO RESIST PRESSURE  
FROM ANY ANGLE



WOODEN BAR SOFT  
TO THE TOUCH WITH  
OPTIMAL GRIP



SET FOR ONE OR TWO  
WOODEN BARRES  
& HEIGHT-ADJUSTABLE



BASES WITH WHEELS  
OR FLAT FOR EASY  
TRANSPORTATION

ORDER NOW  
ELEVATE YOUR STUDIO

EXCLUSIVE & OFFICIAL DISTRIBUTOR  
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www.tfjnicosia.com

# Featured Products

## Dinamica Ballet Barre

(Coming June 2026)



tfj Pilates

Official Distributor Cyprus

## Dinamica Ballet Barre

DESIGNED  
FOR MOVEMENT.  
BUILT FOR EXCELLENCE.



**PREMIUM**  
Top quality materials  
and elegant finish



**PROFESSIONAL**  
Trusted by studios  
and teachers worldwide



**PORTABLE**  
Lightweight and easy  
to transport



**ADJUSTABLE**  
Multiple height settings  
for all needs



**WITH WHEELS**  
Smooth movement,  
effortless positioning



From Barcelona to Cyprus.

QUALITY THAT MOVES WITH YOU



Revitalise your Pilates workout with our collection of high-quality Pilates accessories, from mats and weights to resistance bands.

# Featured Products

## Dinamica Ballet Barre

(Coming June 2026)



Pilates

Exclusive & Official Distributor Cyprus

## Dinamica Ballet Barre

### WHY PILATES STUDIOS NEED PILATES BARRE IN THEIR STUDIO



#### EXPANDS CLASS OFFERINGS

Offer barre, fusion, rehab, mobility, and more – attracting new clients and increasing schedule flexibility.



#### IMPROVES BALANCE & STABILITY

Provides support for balance training, alignment, and controlled movement – ideal for all levels.



#### ENHANCES STRENGTH & ENDURANCE

Builds lower-body strength, core control, and posture through effective standing exercises.



#### MAXIMIZES STUDIO SPACE

Takes minimal space, supports group classes, and increases the value of every square meter.



#### SUPPORTS REHAB & ACCESSIBILITY

A safe and effective tool for rehab, prenatal, seniors, and clients with limited mobility.



#### INCREASES CLIENT RETENTION

More variety. More results. More reasons for clients to stay and engage long-term.



#### ADDS A NEW REVENUE STREAM

Dedicated barre classes, hybrid sessions, memberships, workshops and teacher training.



*Elevate  
Every Class.  
Inspire  
Every Client.*



@tfjnicosia



@elinapilates\_cyprus

[www.tfjnicosia.com](http://www.tfjnicosia.com)

Revitalise your Pilates workout with our collection of high-quality Pilates accessories, from mats and weights to resistance bands.

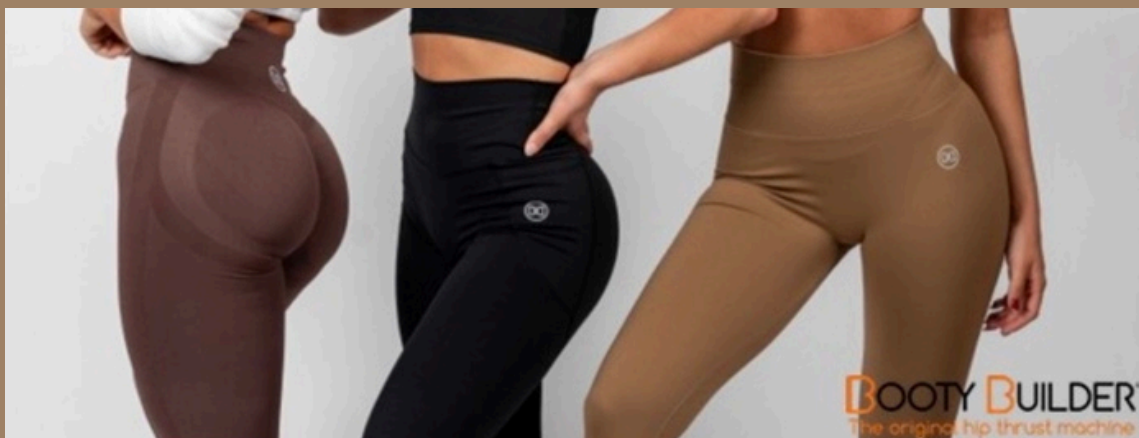
# BB New Clothing Collection

( Limited Edition Clothing )



Our new clothing line includes leggings, shorts, and tops – all branded with the BB logo and designed to match the high standards you expect from our brand.

–BB Exclusive Activewear Collection available in–store–



Sculpted BB activewear for strong, confident women.

---



# Elina Pilates



Elegance! Innovation! Quality!  
Bringing the best reformer quality to our customers!  
Elina Pilates by Elina Pilates Cyprus & tfj Pilates.



Move, breathe and find your perfect balance!  
The harmony between space and color is part of the journey.



Learn more about our latest catalog where you'll find the latest updates and details about the extensive range of products we offer.  
(Reformers, Cadillac, Chairs, Barrels, Props, and more)

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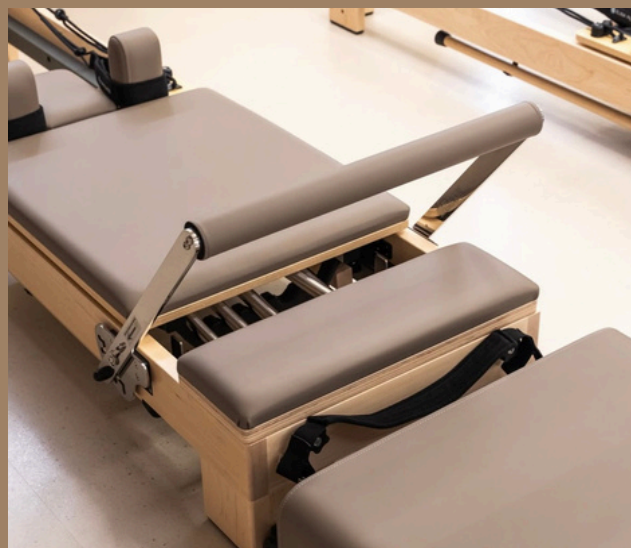
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Are You a Wholesaler or a Distributor?

Are You Running a Pilates Studio?

Are You an Owner of Online E-  
Commerce Business?

Are You a Pilates Enthusiast Ready to  
Build Your Own Studio?

Shop High-Quality Pilates Equipment and accessories Wholesale Prices.

We are proud to introduce our latest line of Pilates products available for  
wholesale, designed to offer superior performance and durability for  
your clients.

Our products are expertly crafted using premium materials and cutting-  
edge technology to ensure unmatched quality and reliability. Whether  
you are looking for reformers, Cadillac machines, chairs, barrels, or  
accessories, we have everything you need to elevate your Pilates studio  
or gym.

## Contact Us:

[www.tfjnicosia.com](http://www.tfjnicosia.com)

99419149

[info@tfjnicosia.com](mailto:info@tfjnicosia.com)

@tfjnicosia

Official Distributor

tfj Pilates , Elina Pilates, Dinamica Ballet Barre

BB Active Wear

@elinapilates\_cyprus

Showroom Address: Stadiou 51, Shops #4 & #5  
2058, Strovolos, Nicosia, Cyprus

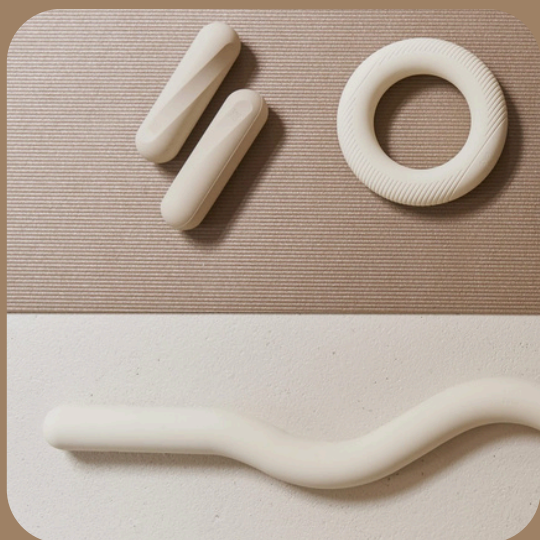
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## ♥ Pilates – Yoga – Barre ♥

Achieve your fitness goals with high-quality Pilates, yoga and barre accessories that are specially designed to make your training more effective and enjoyable.

Our Pilates, yoga and barre products feature a timeless, minimalist design in harmonious colors such as creamy beige, milky tea brown and smoky black. The simple elegance fits seamlessly into any training and ensures a stylish look during your workout.



At tfj Pilates, we believe movement has the power to transform how you feel — strong, confident, balanced and alive.

[www.tfjnicosia.com](http://www.tfjnicosia.com)

99419149

*Thank you!*



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Dimamica Ballet Barre

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