

TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00AM						Hatha Yoga (Scaravelli Inspired) 8:15 am > 9:25 am with Amba	
09.00AM	Level 3 Mat Work 9:05 am > 10:00 am with Georgina	Level 3 Mat Work 9:15 am > 10:15 am with Ceri					
10.00AM	Level 4 Mat work 10:05 am > 11:00 am with Georgina	Level 2 Mat Work 10:15 am > 11:15 am with Hazel	Level 3 Mat work 9:30 am > 10:30 am with Hazel	Level 3 Mat work 9:30 am > 10:30 am with Georgina	Level 3 Mat work 9:45 am > 10:45 am with Georgina	Pregnancy Yoga 9:30 am > 10:40am with Amba	Hatha Peak Pose Yoga 10:00 am > 11:00am with Maddy
11.00AM	Level 2 Mat work 11:05 am > 12:00 pm with Georgina	Reformer Class 10:15 am > 11:15 am with Ceri	Level 1 Mat Work 10:30 am > 11:30 am with Hazel	Level 2 Mat work 10:45 am > 11:45 am with Alex		Pregnancy Yoga 10:45 am > 11:55am with Amba	
MIDDAY	Reformer Class 12:00 pm > 1:00 pm with Lauren	Back Care Pilates 11:30 am > 12:30 pm with Ceri			Reformer Class 11:00 am > 12:00 pm with Georgina		
01.00PM					Level 3 Mat work 12:00 pm > 1:00 pm with Georgina		
02.00PM					Reformer Class 1:30 pm > 2:30 pm with Georgina		
06.00PM	Level 3 Mat work 6:00 pm > 7:00 pm with Georgina	Level 4 Mat work 6:00 pm > 7:00 pm with Lauren	Level 3 Mat work 6:00 > 7:00 pm with Georgina	Reformer Class 6:00 > 7:00 pm with Lauren	Level 3 Mat work 6:00 pm > 7:00 pm with Luke		
07.00PM	Level 4 Mat work 7:15 pm > 8:15 pm with Georgina	Level 3 Mat Work 7:15 pm > 8:15 pm with Lauren	Level 4 Mat work 7:15 > 8:15 pm with Georgina	Reformer Class 6:00 > 7:00 pm with Lauren	Level 2 Mat Work 7:15 pm > 8:15 pm with Luke		
08.00PM		Mens Yoga 7:15 pm > 8:15 pm with with Karen					
09.00PM							

PRICING

MAT CLASSES

Courses – £10 per class

(Courses range from 5-8 weeks and £50-£80 respectively)

PRIVATE LESSONS

1-2-1: £45

DUETS: £25 (Price per client)

STUDIO Single – £20

REFORMER CLASS Single – £20

CLASS ABILITY

- LEVEL 1 (Beginner)*
- LEVEL 2 (Improver)
- LEVEL 3 (Intermediate)
- LEVEL 4 (Advanced)
- REFORMER (Advanced)
- Yoga (Various)

* For more information on Level 1 classes please contact the studio

For information on 'Additional classes' please contact your instructor

TERMS AND CONDITIONS

Unable to attend?: To help us offer as much flexibility as possible within your course we operate an Absent Book kept at reception. If you are unable to get to a class, please record in the Absent Book so that someone else can take your place. You can then see in the book if we can slot you into another class.

Cancellations: Studio and Private lessons require at least a 24 hour cancellation period, otherwise the full fee will be charged.

What to wear: Pilates is usually practiced in clean socks or bare feet. Comfortable non-baggy clothes are ideal so your posture and alignment can be easily observed. Jeans are not suitable. Please take personal responsibility for valuables whilst attending the studio.