

## Reformer Pilates Information

If you are new to Reformer Pilates, we recommend that you book into our beginner style classes either on a Tuesday at 19:30 or Thursday at 17:50.

If this time doesn't suit you, please send us your name, email address and availability, and we will be in touch with any upcoming taster sessions.

If you have tried Reformer Pilates before, feel free to book into any classes that suits you. Add yourself to the waitlist for classes as we get cancellations all the time!

Our Reformer Pilates classes are limited to 8 per class. We offer pay as you options, and memberships. All of our classes can be booked online.

With a membership, we book you in for 1 or 2 classes per week for a year. You will choose a class or classes (depending on availability) and we will book you into our January-January block.

In this time you are entitled to:

45 classes with 1 per week (£42 per month)

90 classes with 2 per week (£76 per month)

Most of our classes are currently full with members, please check in with our team for permanent spaces. If you need anymore information, please get in touch.

# Reformer Pilates Timetable

## Monday

09:30-10:30	Carmelina
10:35-11:35	Susan
16:30-17:30	Valentina
17:35-18:35	Valentina
18:40-19:40	Valentina
19:45-20:45	Valentina

## Tuesday

18:15-19:15	Michele
19:30-20:30*	Michele

## Wednesday

10:00-11:00	Susan
17:40-18:40	Susan
18:45-19:45	Susan

## Thursday

17:50-18:50*	Michele
20:00-21:00	Nicola

## Friday

16:00-17:00	Valentina
17:05-18:05	Valentina

## Passes

Single Class	<b>£16</b>
x4 Class Pass (Valid 6 weeks)	<b>£55</b>

## Memberships

Entitles you to your chosen class/es every week (minus holidays) over 12 months.

Subject to availability.

1 Class p/w - £42 p/m

45 Classes over 12 months.

2 classes p/w - £76 p/m

90 Classes over 12 months.

### Reformer+ Memberships:

Add on **£24** for All Access,

Add on **£18** for Fitness.

\*Suitable for beginners.

**Cancellation Policy:** 12 hours.

Any classes cancelled within 12 hours of the start time will be lost.

MIND  
+ BODY  
STUDIO