

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am		No BEGINNERS on Tuesdays		Pilates Equipment Class Judit Kotai / Helen Wadsworth			
9:00am	Pilates Equipment Class Judit Kotai / Serkan Tetik	Pilates Intermediate/Advance Equipment Class Gordon Thomson	Pilates Equipment Class Serkan Tetik	Pilates Beginners Equipment Class Judit Kotai / Helen Wadsworth		Pilates Equipment Class Joanna Blake / Angela Merlino	
10:00am	Pilates Equipment Class Judit Kotai / Serkan Tetik	Pilates Intermediate/Advance Equipment Class Gordon Thomson	Pilates Equipment Class Serkan Tetik	Pilates Equipment Class Judit Kotai / Helen Wadsworth	Pilates Equipment Class Judit Kotai / Serkan Tetik	Pilates Equipment Class Joanna Blake / Angela Merlino	2 Hour Beginners Workshops
11:00am	Pilates Beginners Equipment Class Judit Kotai / Serkan Tetik	Pilates Intermediate/Advance Equipment Class Gordon Thomson	Pilates Equipment Class Serkan Tetik	Pilates Equipment Class Judit Kotai / Helen Wadsworth	Pilates Beginners Equipment Class Judit Kotai / Serkan Tetik	Pilates Equipment Class Joanna Blake / Angela Merlino	
12:00pm	Pilates Equipment Class Judit Kotai / Serkan Tetik	Pilates Intermediate/Advance Equipment Class Gordon Thomson	Pilates Beginners Equipment Class Serkan Tetik	Pilates Equipment Class Judit Kotai / Helen Wadsworth	Pilates Equipment Class Judit Kotai / Serkan Tetik	Pilates Equipment Class Joanna Blake / Angela Merlino	
13:00pm	Pilates Equipment Class Judit Kotai / Serkan Tetik	Pilates Intermediate/Advance Equipment Class Gordon Thomson	Pilates Equipment Class Serkan Tetik	Pilates Equipment Class Judit Kotai / Helen Wadsworth	Pilates Equipment Class Judit Kotai / Serkan Tetik	Pilates Equipment Class Joanna Blake / Angela Merlino	
14:00pm	Pilates Ante-Natal Equipment Class Joanna Blake	Closed	Pilates Ante-Natal Equipment Class Joanna Blake	Pilates Ante-Natal Equipment Class Joanna Blake	Pilates Ante-Natal Equipment Class Judit Kotai / Serkan Tetik		
15:00pm	Pilates Equipment Class Joanna Blake	Closed	Pilates Equipment Class Joanna Blake	Pilates Equipment Class Joanna Blake	Pilates Equipment Class Judit Kotai / Serkan Tetik		
16:00pm	Pilates Equipment Class Joanna Blake	Pilates Intermediate/Advance Equipment Class Gordon Thomson	Pilates Equipment Class Joanna Blake	Pilates Equipment Class Joanna Blake	Beginners Reformer Class Judit Kotai / Serkan Tetik		
17:00pm	Pilates Equipment Class Joanna Blake	Pilates Intermediate/Advance Equipment Class Gordon Thomson	Pilates Beginners Equipment Class Joanna Blake	Pilates Beginners Equipment Class Joanna Blake			
18:00pm	Pilates Equipment Class Joanna Blake	Pilates Intermediate/Advance Equipment Class Gordon Thomson	Pilates Equipment Class Joanna Blake	Pilates Equipment Class Joanna Blake			
19:00pm	Pilates Equipment Class Joanna Blake	Pilates Intermediate/Advance Equipment Class Gordon Thomson	Pilates Equipment Class Joanna Blake	Pilates Equipment Class Joanna Blake			
20:00pm							

Pilates Equipment Class are for customers who have done some Pilates before
 Pilates Intermediate/Advanced Equipment Class these are classes for those who have significant previous experience of equipment Pilates. **DO NOT** attend these if you are a beginner

Pilates Beginners Equipment Class are for complete new beginners
 Pilates Ante -Natal Equipment Class are for expecting mums

Block of	Description	Valid for	Price	Cost per session	Payment Method	Promotions
PAY AS GO						
1	One-off Taster	30 Days	£10	£10	First Timers Only	Pay at Reception
1	Class	1 year	£28	£28	Pay as you go	Buy Online
5	Class	1 year	£130	£26	Pay as you go	Buy Online
10	Class	1 year	£240	£24	Pay as you go	Buy Online
20	Class	1 year	£440	£22	Pay as you go	Buy Online
30	Class	1 year	£600	£20	Pay as you go	Buy Online
50	Class	1 year	£900	£18	Pay as you go	Buy Online
75	Class	1 year	£1,200	£16	Pay as you go	Buy Online
100	Class	1 year	£1,400	£14	Pay as you go	Buy Online
125	Class	1 year	£1,500	£12	Pay as you go	Buy Online
180	Class	1 year	£1,800	£10	Pay as you go	Buy Online
SPECIAL OFFER - use it, don't use it ... it is always great value						
30	Special - 30 Classes for £300	2 months	£300/ 2 mths	£10	Pay as you go	Buy Online
Monthly Membership						
25 days/mt	Monthly Membership	1 month	£150/ mth	£6	Monthly via DD	Buy Online
						Other: Expert Teachers Adaptive Sessions