

DAY	TIME	TEACHER	LEVEL
MONDAY	MATWORK CLASSES 09.30-10.30 09.45-11.00 10.40-11.40 11.15-12.15 18.15-19.15 18.30-19.30 19.30-20.45 19.45-20.45	SAM NIKKY SAM NIKKY NIKKY SAM NIKKY SAM	INTERMEDIATE MAT ADVANCED MAT FUNDAMENTAL MAT INTERMEDIATE (BONE HEALTH) MAT INTERMEDIATE MAT INTERMEDIATE MAT ADVANCED (CLASSICAL) MAT FUNDAMENTAL/IMPROVER MAT
	STUDIO/PRIVATE PRIVATE 13.00-17.00	NIKKY	ALL LEVELS
TUESDAY	MATWORK CLASSES 09.30-10.30 12.30-13.30 18.15-19.15 18.15-19.15 19.30-20.45	ANNELI NICK ANNELI NICK NICK	FUNDAMENTAL MAT FUNDAMENTAL/IMPROVER MAT FUNDAMENTAL/IMPROVER MAT MELT ADVANCED MAT
	REFORMER CLASSES 08.15-09.15	ANNELI	BEGINNERS
	STUDIO/PRIVATE STUDIO 08.30-13.30, 16.30-21.00 PRIVATE 12.30-14.00	LOUISA/NICK/ANNELI ANNELI	ALL LEVELS ALL LEVELS
WEDNESDAY	MATWORK CLASSES 09.30-10.30 10.00-11.00 11.15-12.15 12.30-13.30 18.10-19.10 18.20-19.20 19.25-20.25 19.35-20.35	HELEN LOUISA SAM NIKKY MICHAELA HELEN MICHAELA HELEN	FUNDAMENTAL MAT FUNDAMENTAL/IMPROVER (RESTORATIVE) MAT FUNDAMENTAL MAT FUNDAMENTAL/IMPROVER MAT FUNDAMENTAL/IMPROVER (RESTORATIVE) MAT INTERMEDIATE MAT INTERMEDIATE MAT FUNDAMENTAL MAT
	STUDIO/PRIVATE STUDIO/PRIVATE 08.30-14.00 PRIVATE 08.30-12.00 PRIVATE 14.00-17.30	LOUISA/NICK/SAM/HELEN NIKKY HELEN/MICHAELA	ALL LEVELS ALL LEVELS ALL LEVELS
	THURSDAY	MATWORK CLASSES 09.30-10.45 12.30-13.30 18.15-19.30 18.20-19.20 19.35-20.35	NICK NICK LOUISA HELEN HELEN
	REFORMER CLASSES 14.00-15.00 18.15-19.15	HANNAH HANNAH	INTERMEDIATE FUNDAMENTAL
	STUDIO/PRIVATE STUDIO 08.30-14.00, 14.00-21.00 PRIVATE 14.00-17.00	LOUISA/NICK/HANNAH/HELEN LOUISA/NICK/HANNAH	ALL LEVELS ALL LEVELS
FRIDAY	MATWORK CLASSES 09.30-10.30 11.00-12.00 12.30-13.45	DOMINIQUE DOMINIQUE DOMINIQUE	FUNDAMENTAL/IMPROVER MAT BALLET BARRE ADVANCED MAT
	STUDIO/PRIVATE STUDIO 08.15-13.00 PRIVATE 13.00-18.00	LOUISA/NICK/DOMINIQUE LOUISA/NICK/DOMINIQUE	ALL LEVELS ALL LEVELS
	TAI CHI 18.00-19.15	STEPHEN	BEGINNERS
SATURDAY	MATWORK CLASSES 09.00-10.00 09.15-10.15 10.30-11.30	ROBYN NICK NICK	FUNDAMENTAL INTERMEDIATE MAT INTERMEDIATE MAT
	STUDIO STUDIO/PRIVATE 07.45-14.30	LOUISA/NICK/ROBYN	ALL LEVELS
	TAI CHI 13.30-14.45	STEPHEN	INTERMEDIATE
	QIGONG 15.05-16.20	STEPHEN	BEGINNER

PILATES TARIFF

CLASSES 60 minute class 5 week block £67.50, 10 week block £135. Please note that all Advanced classes run for 75 minutes.

STUDIO SESSION 75 minutes £31 per session, pay as you go. Block of 10 sessions £260 (saving £50) to be taken within 20 weeks of payment. Block of 5 sessions £140 (saving £15) to be taken within 10 weeks of payment.

60 minutes £27 per session, pay as you go. Block of 10 sessions £240 (saving £30) to be taken within 20 weeks of payment. Block of 5 sessions £125 (saving £10) to be taken within 10 weeks of payment.

ONE-TO-ONE SESSION 60 minutes £60 per session, pay as you go. Block of 10 sessions £515 (saving £85) to be taken within 20 weeks of payment. Block of 5 sessions £277.50 (saving £22.50) to be taken within 10 weeks of payment.

JOINT PRIVATE SESSION 60 minutes £72 per session, pay as you go. Block of 5 sessions £315 (saving £9) to be taken within 10 weeks of payment.

TAI CHI 75 minutes £15 per session, pay as you go.

CONDITIONS

You have until 12 noon the day before your appointment to notify us of a cancellation in order to avoid a full cancellation fee. Please note that any calls or notification received after 12 noon on the preceding day will be charged. All classes will start promptly, anyone arriving more than 10 minutes late will be admitted only at the discretion of the Teacher. All mobile phones must be switched off or turned to silent during a session unless prearranged in exceptional circumstances. Please be aware that as a centre of learning for BCP trainee Teachers some of your session may be taken by a trainee under supervision.