



DAY	TIME	LEVEL	TEACHER
<b>MONDAY</b>	0915-1015	INTERMEDIATE MAT	SAM (IN-STUDIO AND ON-ZOOM)
	1045-1145	FUNDAMENTAL MAT	SAM (IN-STUDIO AND ON-ZOOM))
	1700-1800	STUDIO CIRCUITS	SAM (2ND FLOOR STUDIO)
	1800-1900	INTERMEDIATE MAT	MICHAELA (1ST FLOOR IN-STUDIO AND ON-ZOOM)
	1820-1920	INTERMEDIATE MAT	SAM (IN-STUDIO AND ON-ZOOM)
	1920-2020	FUNDAMENTAL MAT	MICHAELA (1ST FLOOR IN-STUDIO AND ON-ZOOM)
	1950-2050	ADVANCED CLASSICAL MAT	SAM (IN-STUDIO AND ON-ZOOM)
<b>TUESDAY</b>	0830-0930	STUDIO SESSION	CATH (2ND FLOOR STUDIO)
	0915-1015	FUNDAMENTAL/IMPROVER MAT	ANNELI (1ST FLOOR IN-STUDIO AND ON-ZOOM)
	0930-1030	FUNDAMENTAL MAT	SAM (2ND FLOOR IN-STUDIO AND ON-ZOOM)
	1000-1100	STUDIO SESSION	CATH (2ND FLOOR STUDIO)
	1000-1100	RESTORATIVE MAT	LOUISA (ZOOM ONLY)
	1100-1200	1:1	NICK (ZOOM ONLY)
	1115-1215	HOME STUDIO	LOUISA (ZOOM ONLY)
	1200-1300	REFORMER TRIO	SAM (1ST FLOOR STUDIO)
	1215-1315	STUDIO SESSION	CATH (2ND FLOOR STUDIO)
	1400-1500	STUDIO SESSION	CATH (2ND FLOOR STUDIO)
	1530-1630	STUDIO SESSION	CATH (2ND FLOOR STUDIO)
	1800-1900	STUDIO SESSION	CATH (2ND FLOOR STUDIO)
	1930-2030	REFORMER TRIO	CATH (1ST FLOOR STUDIO)
	<b>WEDNESDAY</b>	0830-0930	STUDIO SESSION
0930-1030		FUNDAMENTAL MAT	HELEN (1ST FLOOR STUDIO)
1000-1100		STUDIO SESSION	SAM (2ND FLOOR STUDIO)
1100-1200		STUDIO SESSION	HELEN (1ST FLOOR STUDIO)
1115-1215		FUNDAMENTAL MAT	SAM (1ST FLOOR STUDIO)
1230-1330		STUDIO SESSION	HELEN (2ND FLOOR STUDIO)
1230-1330		REFORMER TRIO	SAM (1ST FLOOR STUDIO)
1500-1600		1:1	HELEN (2ND FLOOR STUDIO)
1630-1730		STUDIO SESSION	HELEN (2ND FLOOR STUDIO)
1810-1910		INTERMEDIATE MAT	HELEN (IN-STUDIO AND ON-ZOOM)
1940-2040		FUNDAMENTAL MAT	HELEN (IN-STUDIO AND ON-ZOOM)
<b>THURSDAY</b>	0700-0800	1:1	CATH (ZOOM ONLY)
	0915-1015	INTERMEDIATE MAT	NICK (ZOOM ONLY)
	0915-1015	STUDIO SESSION	HELEN (2ND FLOOR STUDIO)
	1045-1145	STUDIO SESSION	HELEN (2ND FLOOR STUDIO)
	1200-1300	INTERMEDIATE BONE HEALTH MAT	HELEN (1ST FLOOR STUDIO)
	1500-1600	1:1	HELEN (2ND FLOOR STUDIO)
	1630-1730	STUDIO SESSION	HELEN (2ND FLOOR STUDIO)
	1700-1800	STUDIO SESSION	NICK (1ST FLOOR STUDIO)
	1810-1910	FUNDAMENTAL MAT	HELEN (IN-STUDIO AND ON-ZOOM)
	1815-1915	INTERMEDIATE MAT	LOUISA (1ST FLOOR IN-STUDIO AND ON-ZOOM)
	1830-1930	STUDIO SESSION	NICK (1ST FLOOR STUDIO)
	1830-1930	INTERMEDIATE MAT	SAM (ZOOM ONLY)
	1930-2030	STUDIO SESSION	LOUISA (2ND FLOOR STUDIO)
	1940-2040	FUNDAMENTAL MAT	HELEN (IN-STUDIO AND ON-ZOOM)
	2000-2100	STUDIO SESSION	NICK (1ST FLOOR STUDIO)



DAY	TIME	LEVEL	TEACHER
FRIDAY	0815-0915	STUDIO SESSION	NICK (1ST FLOOR STUDIO)
	0815-0915	STUDIO SESSION	LOUISA (2ND FLOOR STUDIO)
	0930-1030	RESTORATIVE MAT	CATH (ZOOM ONLY)
	0930-1030	INTERMEDIATE MAT	NICK (IN-STUDIO AND ON-ZOOM)
	0945-1045	1:2	LOUISA (1ST FLOOR STUDIO)
	1100-1200	MELT	NICK (IN-STUDIO AND ON-ZOOM)
	1100-1200	STUDIO SESSION	LOUISA (2ND FLOOR STUDIO)
	1215-1315	STUDIO SESSION	LOUISA (1ST FLOOR STUDIO)
	1230-1330	INTERMEDIATE MAT	NICK (IN-STUDIO AND ON-ZOOM)
	1400-1500	STUDIO SESSION	NICK (1ST FLOOR STUDIO)
	1530-1630	STUDIO SESSION	LOUISA (2ND FLOOR STUDIO)
	1700-1800	1:1	NICK (1ST FLOOR STUDIO)
	1815-1915	STUDIO SESSION	NICK (2ND FLOOR STUDIO)
SATURDAY	0745-0845	STUDIO SESSION	NICK (1ST FLOOR STUDIO)
	0800-0900	1:1	LOUISA (2ND FLOOR STUDIO)
	0900-1000	INTERMEDIATE MAT	NICK (IN-STUDIO AND ON-ZOOM)
	0915-1015	STUDIO SESSION	LOUISA (2ND FLOOR STUDIO)
	1030-1130	INTERMEDIATE MAT	NICK (IN-STUDIO AND ON-ZOOM)
	1045-1145	STUDIO SESSION	LOUISA (2ND FLOOR STUDIO)
	1200-1300	STUDIO SESSION	NICK (1ST FLOOR STUDIO)

#### MAT & MELT CLASS LOCATION

All of our Mat and Melt classes in-Studio will take place in our spacious mat room on the 2nd floor (blue door). We have a 2 metre space between mats and 1.2m x 2m sneeze screens between mats too and plenty of ventilation to keep a good air flow. 30 minutes between each class enables your Teacher to fully clean all mats and head cushions and sanitise the room and common parts.

Please wear layers as we must ventilate the room and in addition bring a small bag to put your shoes in, along with bottled water as we are currently unable to provide this.

#### TARIFF

**Mat Classes** £50 per month by Standing Order (reservation one class per week), or £15 pay as you go rate available

**Studio Sessions** (1:3) £80 per month by Standing Order (reservation one studio session per week), or pay £27 pay as you go rate

**Reformer Trio** £80 per month by Standing Order (reservation one Reformer Trio per week), or pay £27 pay as you go rate

**Duet Sessions** (1:2) £60 per session pay as you go (full cost to be covered by two people)

**Private Tuition** (1:1) £60 per session pay as you go

**All sessions are 60 minutes**