



MAT AND MELT CLASSES TIMETABLE AND TARIFF – AUTUMN 2021

DAY	TIME	LEVEL	TEACHER
MONDAY	0915-1015	INTERMEDIATE MAT	SAM (IN-STUDIO AND ON-ZOOM)
	1045-1145	FUNDAMENTAL MAT	SAM (IN-STUDIO AND ON-ZOOM)
	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)
TUESDAY	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	RESTORATIVE MAT	LOUISA (ZOOM ONLY)
WEDNESDAY	0930-1030	FUNDAMENTAL MAT	HELEN (1ST FLOOR STUDIO)
	1115-1215	FUNDAMENTAL MAT	SAM (1ST FLOOR STUDIO)
	1810-1910	INTERMEDIATE MAT	HELEN (IN-STUDIO AND ON-ZOOM)
	1940-2040	FUNDAMENTAL MAT	HELEN (IN-STUDIO AND ON-ZOOM)
THURSDAY	0915-1015	INTERMEDIATE MAT	NICK (ZOOM ONLY)
	1200-1300	INTERMEDIATE BONE HEALTH MAT	HELEN (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	INTERMEDIATE MAT	SAM (ZOOM ONLY)
	1940-2040	FUNDAMENTAL MAT	HELEN (IN-STUDIO AND ON-ZOOM)
FRIDAY	0930-1030	RESTORATIVE MAT	CATH (ZOOM ONLY)
	0930-1030	INTERMEDIATE MAT	NICK (IN-STUDIO AND ON-ZOOM)
	1100-1200	MELT	NICK (IN-STUDIO AND ON-ZOOM)
	1230-1330	INTERMEDIATE MAT	NICK (IN-STUDIO AND ON-ZOOM)
SATURDAY	0900-1000	INTERMEDIATE MAT	NICK (IN-STUDIO AND ON-ZOOM)
	1030-1130	INTERMEDIATE MAT	NICK (IN-STUDIO AND ON-ZOOM)

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