



DAY	TIME	LEVEL	TEACHER
<b>MONDAY</b>	1700-1800	STUDIO CIRCUITS	SAM (2ND FLOOR STUDIO)
<b>TUESDAY</b>	0830-0930 1000-1100 1100-1200 1115-1215 1200-1300 1215-1315 1400-1500 1530-1630 1800-1900 1930-2030	STUDIO SESSION STUDIO SESSION 1:1 HOME STUDIO REFORMER TRIO STUDIO SESSION STUDIO SESSION STUDIO SESSION STUDIO SESSION REFORMER TRIO	CATH (2ND FLOOR STUDIO) CATH (2ND FLOOR STUDIO) NICK (ZOOM ONLY) LOUISA (ZOOM ONLY) SAM (1ST FLOOR STUDIO) CATH (2ND FLOOR STUDIO) CATH (2ND FLOOR STUDIO) CATH (2ND FLOOR STUDIO) CATH (2ND FLOOR STUDIO) CATH (1ST FLOOR STUDIO)
<b>WEDNESDAY</b>	0830-0930 1000-1100 1100-1200 1230-1330 1230-1330 1500-1600 1630-1730	STUDIO SESSION STUDIO SESSION STUDIO SESSION STUDIO SESSION REFORMER TRIO 1:1 STUDIO SESSION	SAM (2ND FLOOR STUDIO) SAM (2ND FLOOR STUDIO) HELEN (1ST FLOOR STUDIO) HELEN (2ND FLOOR STUDIO) SAM (1ST FLOOR STUDIO) HELEN (2ND FLOOR STUDIO) HELEN (2ND FLOOR STUDIO)
<b>THURSDAY</b>	0700-0800 0915-1015 1045-1145 1500-1600 1630-1730 1700-1800 1830-1930 1930-2030 2000-2100	1:1 STUDIO SESSION STUDIO SESSION 1:1 STUDIO SESSION STUDIO SESSION STUDIO SESSION STUDIO SESSION STUDIO SESSION	CATH (ZOOM ONLY) HELEN (2ND FLOOR STUDIO) HELEN (2ND FLOOR STUDIO) HELEN (2ND FLOOR STUDIO) HELEN (2ND FLOOR STUDIO) NICK (1ST FLOOR STUDIO) NICK (1ST FLOOR STUDIO) LOUISA (2ND FLOOR STUDIO) NICK (1ST FLOOR STUDIO)
<b>FRIDAY</b>	0815-0915 0815-0915 0945-1045 1100-1200 1215-1315 1400-1500 1530-1630 1700-1800 1815-1915	STUDIO SESSION STUDIO SESSION 1:2 STUDIO SESSION STUDIO SESSION STUDIO SESSION STUDIO SESSION 1:1 STUDIO SESSION	NICK (1ST FLOOR STUDIO) LOUISA (2ND FLOOR STUDIO) LOUISA (1ST FLOOR STUDIO) LOUISA (2ND FLOOR STUDIO) LOUISA (1ST FLOOR STUDIO) NICK (1ST FLOOR STUDIO) LOUISA (2ND FLOOR STUDIO) NICK (1ST FLOOR STUDIO) NICK (2ND FLOOR STUDIO)
<b>SATURDAY</b>	0745-0845 0800-0900 0915-1015 1045-1145 1200-1300	STUDIO SESSION 1:1 STUDIO SESSION STUDIO SESSION STUDIO SESSION	NICK (1ST FLOOR STUDIO) LOUISA (2ND FLOOR STUDIO) LOUISA (2ND FLOOR STUDIO) LOUISA (2ND FLOOR STUDIO) 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**