

Pilates Classes

Thank you for your interest in our new Pilates classes.

Please find below the details of the timetable for the sessions

Monday – 12.30-1.30 pm Beginners Pilates – Mind and Body Room

6-7pm Pregnancy Pool Pilates – Small pool

Tuesday - 6-7pm – Beginners Pilates – Mind and Body Room

Friday - 8-9am – Beginners/Intermediate Pilates – Mind and Body Room

1-2pm - Mums and Bubs – Mind and Body Room

Prices

8 Sessions at £120.00

12 Sessions at 168.00

16 Sessions at 208.00

Prices include a half an hour, one on one assessment with our physiotherapist Louise before you start your classes.

If you have been seen by a physiotherapist within the last 3 months or you are under current treatment with a physiotherapist you do not have to have an assessment if you would prefer not to

Classes must be paid for either monthly or in full at the start of the sessions.