

Price List

(valid from 1st October 2017)

1:1 Sessions

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| Introductory 1:1 Pilates | | £30 |
| One 1:1 Pilates / Yoga session | 55 minutes | £48 |
| 5 x 1:1 | save £25 | £215 |
| 10 x 1:1 | save £60 | £420 |
| 15 x 1:1 | save £105 | £615 |
| 20 x 1:1 | save £160 | £800 |
| 25 x 1:1 | save £225 | £975 |
| One off 1:1 for class attendees | | £43 |
| Duet or Trio Pilates / Yoga | | £75 |
| Myofascial Release | | £48 |

Apparatus Classes

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|----------------------------|-------------|--------|
| One Apparatus Class | 55 minutes | £15.50 |
| 5 x Apparatus Class | save £5 | £72.50 |
| 10 x Apparatus Class | save £15.00 | £140 |
| 25 x Apparatus Class | save £62.50 | £325 |

Matwork and Yoga Classes

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|---------------------------------|-------------|---------|
| One Matwork / Yoga Class | 55 minutes | £10 |
| 5 x Matwork / Yoga Class | save £7.50 | £47.50 |
| 10 x Matwork / Yoga Class | save £10.00 | £90 |
| 25 x Matwork / Yoga Class | save £37.50 | £212.50 |

Please note:

Packages of 5 are valid for 3 months from date of purchase.
 Packages of 10 and 15 are valid for 6 months from date of purchase.
 Packages of 20 and 25 are valid for 12 months from date of purchase.