



Pilates term dates and booking form for Bodle Street Green

*M/L (Mixed levels)

| Day | Date | Date | Date | Date | Date | Date | Price | Duration |
|-----------------|--------------|--------------|--------------|---------------|---------------|---------------|--------|----------------------|
| Wed 8.30am | 19th Feb. | 26th Feb. | 4th March | 11th March | 18th March | 25th March | £54.00 | 55 mins Dynamic |
| Wed 9.35am | 19th Feb. | 26th Feb. | 4th March | 11th March | 18th March | 25th March | £54.00 | 55 mins *M/L |
| Wed 10.40am | 19th Feb. | 26th Feb. | 4th March | 11th March | 18th March | 25th March | £54.00 | 55 mins *M/L |
| Wed 11.45am | 19th Feb. | 26th Feb. | 4th March | 11th March | 18th March | 25th March | £30.00 | 30 mins Chair |
| Fri. 9.30am | 21st Feb. | 28th Feb. | 6th March | 13th March | 20th March | 27th March | £54.00 | 55 mins *M/L |
| Fri. 10.35am | 21st Feb. | 28th Feb. | 6th March | 13th March | 20th March | 27th March | £54.00 | 55 mins Back care |

Name & Email

To secure your place this term all payments must be returned by **Friday 7th February** Payment must be made in full and may vary per term. I cannot hold places, if you miss a term or I do not receive payment by the above deadline you will automatically be put on the waiting list for when a place becomes available.

Try to keep your Pilates days free in your diary as it is important to keep your body moving and progress. Missed classes cannot be refunded or carried over to the next term. Credits will only be given if a previously paid class is cancelled due to unforeseen circumstances, cancellations due to bad weather are non refundable. Swapped classes depend on availability.

Socks must be worn during small equipment work for hygiene purposes and please leave ALL out door shoes in the cloakroom provided. Ensure you bring extra layers or a blanket on cold days and keep hydrated all year round.

Wear comfortable clothing no jeans please!

Thank you for your co-operation x

Payment

Online - sort code: 30-95-01 account: 01959599 - Body and Skin Clinic

I do NOT accept cheques sorry

If paying cash please ensure you bring the correct money with your name attached.

If you have any queries please contact Leah: 07735560570 or leah@bodyandskinclinic.co.uk

[Follow me on Instagram @leahbodyandskinclinic](#)

'Physical fitness is the first requisite of happiness'



Joseph Pilates

The mind is everything. What you think you become.

| Day | Dates | Dates | Dates | Dates | Dates | Dates | Price | Duration |
|---------------|-------|-------|-------|-------|-------|-------|-------|----------|
| | | | | | | | | |
| More to come! | | | | | | | | |
| More to come! | | | | | | | | |

Name & Email _____

Please take the time to read below before attending class...

To secure your place this term all payments must be returned by Payment must be made in full (call to check out this months special offer) and may vary per term. I cannot hold your place if you miss a term, you will automatically be put on the waiting list for when a place becomes available.

Try to keep your Pilates days free in your diary as it is important to keep your body moving and progress. Missed classes cannot be refunded or carried over to the next term. Credits will only be given if a previously paid class is cancelled due to unforeseen circumstances. Cancellations due to bad weather are non refundable.

Socks must be worn during band and ball work for hygiene purposes and please leave ALL out door shoes and bags at the back of the hall for health and safety reasons. Ensure you bring extra layers or a blanket on cold days and keep hydrated all year round. Thank you for your co-operation x

Payment

Online - sort code: 30-95-01 account: 01959599 - Body and Skin Clinic
I do NOT accept cheques sorry
If paying cash please ensure you bring the correct money with your name attached.

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‘Physical fitness is the first requisite of happiness’
Joseph Pilates

‘The beauty of a woman only grows with passing years’
Audrey Hepburn

‘The mind is everything. What you think you become’