

DAY	TIME	DATE	DATE	DATE	DATE	DATE	DATE	DATE	CLASS Description
Monday	08:35AM 45 mins	21st April	28th April	5th May	12th May	19th May	26th May	2nd June	Online Body conditioning
Monday	09:30AM 45 mins	21st April	28th April	5th May	12th May	19th May	26th May	2nd June	Online Intermediate Pilates
Monday	18:00PM 55 mins	21st April	28th April	5th May	12th May	19th May	26th May	2nd June	Bexhill, Body Junction Mixed level Pilates
Tuesday	09:40AM 55 mins	22nd April	29th April	6th May	13th May	20th May	27th May	3rd June	Horam, Manor Barn Mixed Level Pilates
Wednesday	09:00AM 55 mins	23rd April	30th April	7th May	14th May	21st May	28th May	4th June	Bodle Street Green Pilates Progression
Wednesday	10:05AM 55 mins	23rd April	30th April	7th May	14th May	21st May	28th May	4th June	Bodle Street Green Back care/ Gyro
Wednesday	18:45PM 55 mins	23rd April	30th April	7th May	14th May	21st May	28th May	4th June	Horam, Manor Barn Mixed Level Pilates
Thursday	08:00AM 40 mins	24th April	1st May	8th May	15th May	22nd May	29th May	5th June	Online Dynamic Pilates Flow
Thursday	09:40AM 55 mins	24th April	1st May	8th May	15th May	22nd May	29th May	5th June	Horam, Manor Barn Mixed Level Pilates
Friday	08:35AM 35 mins	25th April	2nd May	9th May	16th May	23rd May	30th May	6th June	Online Pilates with weights
Friday	09:15AM 25 mins	25th April	2nd May	9th May	16th May	23rd May	30th May	6th June	Online Gentle Stretch & release

***RED OR RED X = No class - Purchase extra class recordings during this time.**

***GREEN = Zoom unlimited recording only - Purchase extra class recordings during this time.**

Payment details below:

Body and Skin Clinic

Sort code: 30-95-01

Account: 01959599

PRICES

PILATES AT A VENUE

Body Junction, Bexhill

Mixed Level/beginners - 55 mins, Monday - 18:00PM - £44

Bodle Street Green Village Hall

Pilates Progression- 55 mins, Wednesday - 09:00AM - £77

Back Care - 55 mins, Wednesday - 10:05AM - £77

Manor Farm, Horam

Mixed level Pilates - 55 mins, Tuesday - 09:40AM - £77

Mixed level Pilates - 55 mins, Wednesday - 18:45AM - £66

Pilates Progression - 55 mins, Thursday - 09:40AM - £77

ONLINE SESSIONS

Option 1 - £75 unlimited zoom classes, plus all recordings for 7 days

Option 2 - £54, any 6 Zoom sessions this term, recording sent if you miss a session
*This term only Monday zoom £36

Option 3 - £24, add 4 Zooms to any full term booking, recordings expiry 7 day

Option 4 - Drop in at a venue £15

I appreciate some may need a drop in option occasionally, when space is available.

I am unable to hold places as full term bookings will take priority, thank you for your understanding.

Option 5 - Already booked into your weekly class, add extra classes £10/class

Option 6 - Pay as you go online recording, £10/recording or £15, x3 recordings 7 day expiry

Option 7 - Book 2 weekly sessions per week, per term at a venue and receive £10 off booking

TERMS AND CONDITIONS

*1-ALL PAYMENTS MUST BE SETTLED ON OR BEFORE THE DATE STATED WITH YOUR TIME TABLE TO SECURE YOUR PLACE AT A VENUE & ENABLE YOU ACCESS TO ZOOM SESSIONS.
(PAYMENT SETTLED AT THE END OF THE TERM FOR THE COMMENCING TERM)*

2-I DO NOT REFUND OR CARRY CLASSES OVER TO THE NEXT TERM, HOWEVER YOU HAVE SEVERAL OPTIONS:

**MAKE UP A MISSED CLASS WITHIN THE CURRENT TERM AT A DIFFERENT VENUE, SPACE PERMITTING.*

**RECEIVE A RECORDING OR JOIN A LIVE ZOOM TO COVER YOUR MISSED CLASS.*

**SKIP A TERM.*

3-I AM UNABLE TO SAVE PLACES IF YOU CHOOSE TO SKIP A TERM

4- PLEASE REF. YOUR NAME WITH ALL BANK TRANSFER, THANK YOU

5-TERMS RUN BETWEEN 4-8 WEEKS, PLEASE CHECK EACH TERM AS PRICES & DATES MAY VARY X

**Please seek advice from your GP if you have any underlying health issues that may be effected by exercise.*

Thank you for helping me run our classes smoothly & efficiently x