



DAY/TIME	DATE	DATE	DATE	DATE	DATE	DATE	CLASS DESCRIPTION	DURATION
Monday 08:35AM	17th Nov	24th Nov	1st Dec	8th Dec	15th Dec	22nd Dec	Body Conditioning Intermediate/advanced	40 mins
Monday 09:30AM	17th Nov	24th Nov	1st Dec	8th Dec	15th Dec	22nd Dec	Pilates Classic & Creative	40 mins
Monday 18:00PM	17th Nov	24th Nov	1st Dec	8th Dec	15th Dec	22nd Dec	Body Junction Pilates Restorative	55 mins
Tuesday 09:40AM	18th Nov	25th Nov	2nd Dec	9th Dec	16th Dec	No Class	Horam Pilates Precision Principles	55 mins
Tuesday 18:15PM	18th Nov	25th Nov	2nd Dec	9th Dec	16th Dec	No Class	Hub Hellingly Pilates Align & Unwind	55 mins
Wednesday 09:00AM	19th Nov	26th Nov	3rd Dec	10th Dec	17th Dec	No Class	Bodle Street Green Classic & Creative	55 mins
Wednesday 10:05AM	19th Nov	26th Nov	3rd Dec	10th Dec	17th Dec	No Class	Bodle Street Green Pilates Back Care	55 mins
Thursday 08:00AM	20th Nov	27th Nov	4th Dec	11th Dec	18th Dec	No Class	Progressive Flow Fluid & Fit	40 mins
Thursday 09:40AM	20th Nov	27th Nov	4th Dec	11th Dec	18th Dec	No Class	Horam Pilates Form & Focus	55 mins
Friday 08:35AM	21st Nov	28th Nov	5th Dec	12th Dec	19th Dec	No Class	Empower30 Low impact	30 mins

*Friday 10:00AM class, please contact the Body Junction about booking this session:
Email: thebodyjunction@gmail.com Call: 01424 215300 OR Book Classes Via: [GymCatch](#)
all on the Body Junction Site x

New term will start January 5th 2026!

Also speak to me about our monthly testing Health Hubs at the Body Junction or at my Clinic, Omega 6:3 balance will reduce silent inflammation and be a preventative for strokes, dementia, arthritis and other auto-immune disease! Take the guesswork out of your nutrition. Are you in Balance.....? Test and find out.

* **Online**

* **Venues**

* **Red** - No class, purchase extra recordings during this time

* **Green** - No class, purchase extra recordings during this time. With the exception of Unlimited.

Payment details: Body and Skin Clinic, Sort code: 30-95-01, Account: 01959599

Body Junction, Bexhill - Monday PM - £55

Bodle Street Green Village Hall - Wednesday's AM - £55

Manor Farm, Horam - Pilates Tuesday's AM - £55

Manor Farm, Horam - Pilates Thursday's AM - £55

Hub Hellingly - Pilates Tuesday's PM - £55

OPTIONS:

Option 1 - £75 unlimited Zoom classes, plus all recordings for 7 days (and over xmas)

Option 2 - £54, any 6 Monday Zoom sessions this term

Option 3 - Already booked into your weekly class, add extra zoom class £8-5/class

Option 4 - Pay as you go online recording, £10/recording or £15, x3 recordings 7 day expiry

Option 5 -Book 2 weekly sessions, per week, per term at any venue, and receive £10 off total and any recordings FREE.

Option 6 - Drop in at a venue only when space available - £15, £10 as a extra class for members. 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.

Early Bird - Deduct £5 from your total. Payment **MUST** be in on or before the deadline or cannot be accepted and you may loose your place. Please check you have made the correct payment to secure your booking. Thank you x

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