



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 lose 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