<http://www.highperformancepilates.co.uk> Tel: 07973383103

**MAY 2024 STUDIO COURSES AT SPRINGHEAD**

**Bookable in blocks. No partial bookings**

Clients should provide their own mat and head cushion/towel. Small equipment is optional.

Missed classes can be made up with any Zoom or studio class in lieu**, to be taken within a month** of the missed class date. Classes are 55 mins long.

10.30am: Mon 13 May – Mon 20 May (2 weeks) - £18 *(no class Mon 27 May Bank Holiday)*

10.30am: Wed 15 May – Wed 29 May (3 weeks) - £27

**PLEASE SCROLL TO BOTTOM TO SEE HOLIDAY DATES**

**1:1 & 2:1 STUDIO SESSIONS AT DOBCROSS**

55min sessions available Mon – Thurs afternoons.

£45 per single session 1:1 or £200 for 5 sessions

£60 per single session 2:1 (two people sharing) or £250 for 5 sessions

**ZOOM CLASSES**

Online classes remain ‘Pay As You Go’ at £7.50 per class and are open to all clients.

**WEDNESDAY 6.30pm**

**FRIDAY 10am**

**1:1 ZOOM SESSIONS**

Available on request by arrangement and cost £35 per session (or £50 for 2:1)

**MAY Pass:** no May Pass available

**HOLIDAYS:**

I have a holiday booked (!) so there will be **no Pilates Wed 24 April – Fri 10 May incl.**

**Also: No Pilates on Bank Holiday Monday 27 May**