<http://www.highperformancepilates.co.uk> Tel: 07973 383103

**JULY 2025 STUDIO COURSES**

**Bookable in blocks. No partial bookings.** Clients should provide their own head cushion/towel. Small equipment and a mat are optional. Classes are 55 mins long.

**Springhead** **11am:** Mon 30 Jun – Mon 14 Jul (3 weeks) - £30

**Uppermill 8.55am:** Tues 01 Jul – Tues 15 Jul (3 weeks) - £30 **New start time!**

**Uppermill** **10am:** Tues 01 Jul – Tues 15 Jul (3 weeks) - £30

**Springhead** **11am:** Wed 02 Jul – Wed 16 Jul (3 weeks) - £30

***N.B. No classes on week beginning Mon 21 July***

**\*Drop-in** studio classes: (book up to 3 days in advance) available to existing clients only if there are spaces on the booked courses - £12.50 each. Email for details.

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.

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

55min sessions available Mon – Thurs afternoons.

£50 per single session 1:1 or £220 for 5 sessions

£70 per single session 2:1 (two people sharing) or £300 for 5 sessions

**ZOOM CLASSES**

Online classes are ‘Pay As You Go’ at £8.50 per class and are open to all clients.

**WEDNESDAY 6.30pm**

**FRIDAY 10am *\*No class on Fri 11 July***

**1:1 ZOOM SESSIONS**

Available on request by arrangement and cost £40 per session (or £60 for 2:1)

**JULY Pass:** Book up to 10 classes (studio and Zoom) in the month of July for **£55.00.** Any unused sessions will expire after 30 July. Cannot be used for 1:1 sessions.