



Studio 2 – Mat Class Prices & Timetable – Spring 2016

Monday	Pilates Mat – Level 1	10.00 - 11.00am	£8.00
	Pilates Mat – Level 2	11.15 - 12.15pm	£8.00
	IYENGAR Yoga – Level 1	1.00 - 2.30pm	£10.00
	Ballet Barre – Level 1	6.00 - 7.00pm	£8.00
	IYENGAR Yoga – Level 2	7.15 - 8.45pm	£10.00
Tuesday	Hatha Yoga – Level 1	10.00 - 11.00am	£8.00
	Pilates Mat – Level 2	3.00 - 4.00pm	£8.00
	Pilates Edge – Level 2 (max 6 clients)	6.00 - 7.00pm	£12.00
	Pilates Mat – Level 2	7.15 - 8.15pm	£8.00
Wednesday	Pilates Mat – Level 1-2	10.00 - 11.00am	£8.00
	Pilates Kids Class - 5-7yrs	4.45 - 5.30pm	£6.00
	Pilates Kids Class - 8-10yrs	5.45 - 6.45pm	£6.00
	Pilates Orbit – Level 2-3 (max 6 clients)	7.00 - 8.00pm	£12.00
Thursday	Ashtanga Yoga – Level 2	10.00 - 11.30pm	£10.00
	T'ai Chi – Level 1	12.30 - 1.30pm	£8.00
	Pilates Mat – Level 1	6.00 - 7.00pm	£8.00
	Bodhi Suspension Ropes – Level 2-3 (max 4 clients)	7.15 - 8.15pm	£18.00
Friday	Stretch & Relax – Level 1	2.00 - 3.00pm	£8.00
Saturday	Yoga Kids – 8-10yrs	9.15 - 10.15am	£6.00
	Vinyasa Flow Yoga – Level 1	10.30 - 11.30am	£8.00

Studio 2 – Mat Class Block Booking Prices – Spring 2016

Pilates Edge/Orbit - £12.00 - Block of 10	£110.00
Matwork Class - £8.00 - Block of 10	£70.00
Matwork Class - £10.00 - Block of 10	£90.00

Studio 1 – Pilates Studio Equipment Prices – Spring 2016

Initial Assessment (75 mins)	£35.00
Subsequent Sessions (60 – 75 mins)	£30.00
Student/Equity	£18.00
Block of 5 Sessions	£120.00
Block of 10 Sessions	£210.00
Block of 20 Sessions	£400.00

Sports Massage/Soft Tissue Therapy – 45 minute one to one session **£30.00**

Specialist Workshops and **Children's Holiday Activity** are scheduled seasonally so please contact us for further information

All sessions are valid for one year from date of payment.

Session fees are non-refundable, only in exceptional circumstances.

Late cancellations or no show appointments will be charged at the standard rate. This includes a first session. If your session can be sold to another client at the originally booked time then there is no fee charged. Sessions are not transferable in this instance to another day. Cancellations will be accepted via any of our staff or by leaving a message on the answer machine. Thank you for your understanding.

Body in Mind Pilates, The Old Stable Studios, Unit 1 Abbey Courtyard, Darley Abbey, Derby DE22 1DS. Tel: 01332 554 551. Email: info@bodyinmindpilates.co.uk. Also find us on Facebook.