

# Group Classes

## Summary

### Monday

10am	Mat Pilates	Mixed Ability
6:15pm	Mat Pilates	Mixed Ability

### Tuesday

9:15am	Tai Chi	Everyone
11am	Clinical Pilates	Rehab
6:45pm	Mat Pilates	Mixed Ability

### Wednesday

9:15am	Reformer Pilates	Mixed Ability
10:30am	Mat Pilates	Gentle
6pm	Reformer Pilates	Mixed Ability

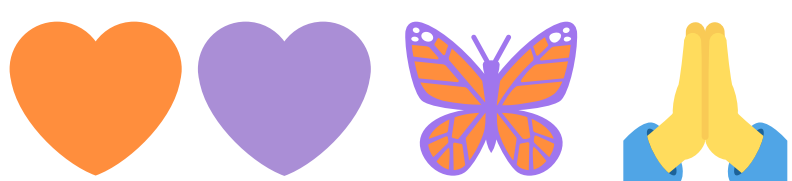
### Thursday

9am	Mat Pilates	Mixed Ability
12:30pm	Reformer Pilates	Mixed Ability

### Friday

9:30am	Mat Pilates	Mixed Ability
12pm	Clinical Pilates	Rehab
5pm	Mat Pilates	Gentle

You need to book in advance  
*Thank You*





**Harris Mind & Body**  
health & wellbeing

# Class Fee

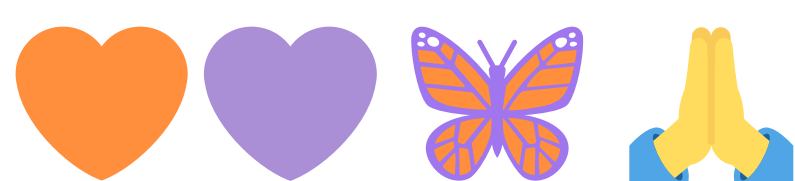
Group 60 Minutes	x1	x5	x10
Mat	£13	£60	£110
Reformer/Studio	£18	£85	£160
Clinical	£23	£110	£210

Private 1 to 1 60 Minutes	x1	x5	x10
LA	£65	£300	£550
LB	£60	£275	£500
LC	£55	£250	£450
LD	£50	£225	£400

Private 1 to 1 30 Minutes	x1	x5	x10
LA	£32.50	£162.50	£325
LB	£30	£150	£300
LC	£27.50	£137.50	£275
LD	£25	£125	£250

Private 1 to 2 60 Minutes	x1	x5	x10
LA	£75	£350	
LB	£70		
LC	£65		
LD	£60		

Private Small Group (max 5) 60 Minutes	x1	x5	x10
LA	£90		
LB	£85		
LC	£80		
LD	£75		



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