

SCHEDULE JAN 2026

Monday

0700-0755	Online Classes (pre-recorded) Stretch & Restore/Mat Pilates Zoom link delivered via email Monday morning; 7-day expiry
0800-0850	Reformer Pilates
1700-1750	Reformer Pilates
1800-1855	Mat Pilates
1910-2000	Reformer Pilates

1100-1600 Options to book private sessions (Reformer, Mat, Reiki) – message to check availability

Tuesday

1200-1250	Reformer Pilates
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Wednesday

0600-0650	Reformer Pilates
1310-1400	Reformer Pilates
1700-1750	Reformer Pilates
1830-1925	Mat Pilates

Thursday

1800-1850	Reformer Pilates
1900-1950	Reformer Pilates

1200-1700 Options to book private sessions (Reformer, Mat, Reiki) – message to check availability

Friday

0700-0735	Pilates Sculpt Express
0800-0850	Reformer Pilates
0900-0950	Reformer Pilates
1000-1050	Reformer Pilates
1115-1145	New Starter Private Sessions

1300-1700 Options to book private sessions (Reformer, Mat, Reiki) – message to check availability

Saturday

0800-0850	Reformer Pilates
0900-0955	Mat Pilates

PRICING

Mat Pilates (55min)

Drop In £11	5 Class Pass £50	10 Class Pass £90	20 Class Pass £170
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Express Classes (35min) & Online Classes (55min)

Drop In £7	5 Class Pass £32.50	10 Class Pass £60
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Reformer Pilates (50min)

Drop In £25	5 Class Pass £115	10 Class Pass £200
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NB: Drop In Pass 14-day expiry, 5 Class Pass 50 day expiry, 10 Class Pass 100-day expiry

Private Sessions 1:1 (55min)

Reformer | Mat Pilates | Reiki
£45.00

Contact Simone Cole at Studio Eighty-Nine for Availability and to Book

Start Up Sessions – Private Reformer or Mat Session (30min)

1:1 £25 or 2:1 £40 (£20pp)
Contact Simone Cole at Studio Eighty-Nine to Book

Gift Vouchers (6mth expiry from date of issue)

A perfect gift of health and wellbeing to your family and friends! Message Simone 0794 1732 149 to make a purchase.