

SCHEDULE SUMMER 2026

Monday

0800-0850	Reformer Pilates
1700-1750	Reformer Pilates
1800-1855	Mat Pilates
1910-2000	Reformer Pilates

Tuesday

1030-1130	Teach at The Belfry
1815-1915	Teach at The Belfry

Wednesday

0700-0750	Reformer Pilates
0800-0850	Reformer Pilates
1030-1130	Teach at The Belfry
1310-1400	Gentle Flow Reformer Pilates
1415-1445	Private Session [1:1 30min]
1800-1855	Mat Pilates
1905-2000	Mat Pilates

Thursday

0930-1030	Teach at The Belfry
1700-1750	Reformer Pilates
1800-1850	Reformer Pilates
1900-1950	Reformer Pilates

Friday

0700-0735	Mat Pilates Express
0800-0850	Reformer Pilates
0900-0950	Reformer Pilates
1000-1050	Reformer Pilates
1110-1200	Private Session [1-3 persons, 50min]

Saturday

0800-0850	Reformer Pilates
0900-0950	Reformer Pilates
1000-1030	Private Session [1:1 30min]

PRICING

Mat Pilates (55min)

Drop In	5 Class Pass	10 Class Pass
£12.50	£55	£100

Reformer Pilates (50min)

Drop In	5 Class Pass	10 Class Pass	20 Class Pass
£25	£115	£200	£370

NB: Drop In Pass 14-day expiry, 5 Class Pass 50-day expiry, 10 Class Pass 100-day expiry, 20 Class Pass 140-day expiry

Express Classes (35min) & Online Classes (55min)

Drop In	5 Class Pass
£7.50	£35

Private Sessions (PT)

1:1 Reformer | Mat Pilates | Reiki

Drop-In 50min	Drop-In 30min
£45	£25
10 Session Pass 50mins	10 Session Pass 30min
£400	£225

[Reformer & Mat Drop-In Private Session for 2 pax £50; Private Session for 3 pax £60]

Contact Simone Cole for more availability

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.