

SCHEDULE AUTUMN/ WINTER 2026

Monday

0700-0750	Reformer Pilates <i>(new class – review demand in Jan 27)</i>
0800-0850	Reformer Pilates
0930-1020	Private Session [1-3 pax]
1600-1650	Private Session [1-3 pax]
1700-1750	Reformer Pilates
1800-1855	Mat Pilates
1905-2000	Mat Pilates <i>(new class – review demand in Jan 27)</i>

Tuesday

No classes

Wednesday

0700-0750	Reformer Pilates
0800-0850	Reformer Pilates
0900-0930	Private Session [1:1 30min]
1030-1130	<i>Teach at The Belfry</i>
1230-1300	Private Session [1:1 30min]
1310-1400	Reformer Foundations
1800-1850	Mat Pilates
1900-1955	Mat Pilates
2005-2100	Serenity: Restorative Stretch & Guided Relaxation <i>(new bi-weekly class – review demand in Jan 27)</i>

Thursday

0930-1030	<i>Teach at The Belfry</i>
1045-1115	<i>Teach at The Belfry</i>
1700-1750	Reformer Pilates
1800-1850	Reformer Pilates

Friday

0700-0735	Mat Pilates Express
0800-0850	Reformer Pilates
0900-0950	Reformer Pilates
1000-1030	Private Session [1:1 30min]
1100-1150	Reformer Foundations <i>(new class – review demand in Jan 27)</i>
1200-1250	Private Session [1-3 persons]

Saturday

0800-0850	Reformer Pilates
0910-1000	Reformer Pilates
1015-1045	Private Session [1:1 30min]

PRICING

Mat Pilates / Stretch Classes (50-55min)

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 or Mat 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)

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