

Studio Timetable

MONDAY

12.00 - 13.00	Pilates (mixed ability)
14.00 - 18.00	Pilates Private or Semi-Private Sessions
18.00 - 19.00	Pilates (beginners)
19.30 - 21.00	Ashtanga (starting 1st September)
19.00 - 20.00	Pilates & pregnancy
20.00 - 21.00	Pilates (intermediate)

TUESDAY

12.00 - 16.0	Pilates Private or Semi-Private Sessions
17.00 - 18.00	Pilates (mixed ability)
18.00 - 19.00	Pilates (intermediate)
19.45 - 21.15	Pregnancy & Yoga (starting 19th August)
19.00 - 20.00	Pilates (beginners/ intermediate)
20.00 - 21.00	Pilates (intermediate/advanced)

WEDNESDAY

09.00 - 12.00	Pilates Private or Semi-Private Sessions
12.00 - 13.00	Pilates (mixed ability)
14.00 - 16.00	Pilates Private or Semi-Private Sessions
18.00 - 19.30	Ashtanga Yoga
19.30 - 21.00	Iyengar Yoga (starting 3rd September)

THURSDAY

09.00 - 12.00	Pilates Private or Semi-Private Sessions
12.00 - 13.00	Pilates (intermediate)
14.00 - 19.30	Pilates Private or Semi-Private Sessions
18.30 - 19.30	Pilates (beginners)
19.30 - 21.00	Hatha Yoga

FRIDAY

12.00 - 13.00	Pilates (mixed ability)
18.00 - 19.00	Pilates (beginners)

SATURDAY

09.00 - 10.00	Pilates (mixed ability)
10.00 - 14.00	Pilates Private or Semi-Private Sessions

* Pre-booked in blocks of 6 sessions and must have a minimum of 5 people participating in the class.

Pre-book only and must have a minimum of 6 people participating in the class.

For more information please contact
Nigel on 07810 881 655 or Tanya on 07814 866 012

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Prices

At Pure Body Solutions each client is able to pay as either a Non-Member or as a Member. You can then choose if you would like to pay for a block of 6 classes (which do not have to run consecutively or at the same time each week but do have to be used for the same discipline and used within 3 months of purchase) or for a single class.

All Private and Semi-Private sessions are practiced on an hourly basis on the Pilates large equipment.

Non-Members:

Block of 6 classes	£55.00*
Single class	£10.00
Private session	£40.00
Block of 4 Private sessions	£140.00 (equivalent to £35.00 per session)
Semi-Private sessions (2-4 people)	£25.00 per person

Members:

Enables you to enjoy cheaper rates for any class, private and semi-private sessions you wish to take and in the long run is the overall cheaper option.

Membership	£80.00*
Block of 6 classes	£30.00 (equivalent to £5.00 per session)
Single class	£6.00
Private Session	£30.00
Block of 4 Private sessions	£100.00 (equivalent to £25.00 per session)
Semi-Private Session (2-4 people)	£15.00 per person

Discounts:

* 1/2 price for those who are in receipt of the benefits listed below.

- Income Support
- Jobseekers Allowance (income based)
- Guaranteed Pension Credit (not Savings Credit)
- Council Tax Benefit (not single persons allowance)
- Housing Benefit
- Working Tax Credit which includes either Child Tax Credit or a disability element
- Child Tax Benefit
- Or, you are a Priority Kirklees Passport holder

For more information please contact
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