

THE
pilates
COMPANY

**Private 1:1 Sessions
Reformer/Mat**

MON	9.15am	Michelle K
	10.30am	Grace
	11.45am	Joni
	2.15pm	Joni

TUE	9.15am	Joni
	10.30am	Joni
	11.45am	Andrea

WED	9.00am	Andrea
	10.15am	Andrea
	11.45am	Debora
	1.00pm	Joni

THU	10.30am	Grace
	12.30pm	Sepideh
	1.30pm	Sepideh
	4.30pm	Michelle K

FRI	9.00am	Andrea
	10.15am	Andrea

*other times available on request

£60 single session | £270 five sessions

***£75/£330 with Joni**

BOOK VIA TEAM UP OR EMAIL
HELLO@THEPILATESCOMPANY.CO.UK