



## The Pilates Place

### Price list

#### **At the Injury Rehabilitation Clinic (IRC), off Abbey Road, London NW8**

55 minutes Evening Class of up to 3 people £20 per person, 2 people £25 each and one to one £50 – Mat Work or Reformer. Call 07768 234060 to find out more details

#### **At Your Home**

One to one or Group of up to 3 people – Mat Work (please provide your own Pilates mats)

55 minutes £55 (plus instructor's travel costs if longer than 20 minutes)

85 minutes £75 (plus instructor's travel costs if longer than 20 minutes)

***Book 12 classes and get one free. Share the cost with your friends!***

#### **At My Home**

One to one or Group of up to 2 people – Mat Work only

55 minutes £55 (plus car parking)

85 minutes £75 (plus car parking)

***Book 12 classes and get one free. Share the cost with a friend!***

Pilates Teacher Training Certificate, First Aid Certificate and Insurance Certificate available on request.

The Pilates Place is affiliated to Pilates International, London