

# Headingley Pilates

## Price list – From Jan 2019

### Studio Mat/ Somatics/ Oov/Pre+Post-natal

Drop in	- £10.50
5 sessions	- £47.50 (£9.50 each)
10 sessions	- £90 (£9 each)

### Reformer/ Studio Equipment

Drop in	- £16
5 sessions	- £75 (£15 each)
10 sessions	- £145 (£14.50 each)

\*A reformer orientation must be carried out before joining first class

### Gyms

Drop in	- £25
5 sessions	- £118.75 (£23.75 each)
10 sessions	- £225 (£22.50 each)

\*A programme will need to be written before joining first gym

### Gym Package - £245

Consists of: 1 screening  
2 programme 121 introductions  
5 gym sessions

### Director (Kath) 1-2-1 Appointment (60mins)

1 session	- £60
5 sessions	- £285 (£57 each)
10 sessions	- £540 (£54 each)

### Director (Kath) Hendrickson (mini 1-2-1 (45mins)

1 session	- £45
5 sessions	- £213.75 (£42.75 each)

### 1-2-1 Appointment (60mins)

1 session	- £55
5 sessions	- £261.25 (£52.25 each)
10 sessions	- £495 (£49.50 each)

### Mini 1-2-1 (45mins)

1 session	- £40
5 sessions	- £190 (£38 each)

Book online [www.headingleypilates.com](http://www.headingleypilates.com)

telephone: 0113 225 0791

email: [headingleypilates@gmail.com](mailto:headingleypilates@gmail.com)

# Pilates At Home Prices Returns

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