

BORDERPILATES



TIMETABLE 2026

Monday.

9.30am - 10.15am	BarreConcept	£7.50
10.25am - 11.15am	Stretch, Tone & Flow	£7.50
5.10pm - 5.55pm	Spinning	£7.50
5.30pm - 6.20pm	Pilates	£7.50
6.30pm - 7.20pm	Pilates	£7.50

Tuesday.

9.30am - 10.20am	Pilates	£7.50
5.00pm - 5.45pm	Pilates	£7.50
5.05pm - 5.50pm	BarreConcept	£7.50
6.00pm - 6.50pm	Pilates	£7.50
6.00pm - 6.45pm	Spinning	£7.50

Wednesday.

9.30am - 10.30am	Body Sculpt On The Ball	£7.50
5.00pm - 5.45pm	Beginners Pilates	£7.50
5.10pm - 5.55pm	Spinning	£7.50
6.10pm - 7.00pm	Bodytone	£7.50
6.10pm - 6.55pm	Pilates	

Thursday.

9.30am - 10.20am	Pilates	£7.50
9.30am - 10.15am	Stretch, Tone & Flow	£7.50
10.25am - 11.10am	Bodytone	£7.50
5.30pm - 6.20pm	Pilates	

Friday.

9.30am - 10.20am	Pilates	£7.50
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Sunday.

9.00am - 9.45am	Bodytone	£7.50
10.00am - 10.45am	Pilates	

We have a lot of classes to choose from but we do encourage booking your class in advance to avoid disappointment. All classes must be paid for 48 hours in advance to secure booking and we have a 24 hour cancellation policy where if you cancel 24 hours prior to class start we can move payment to another class failing to cancel in the required timescale results in the loss of the class.

If you are pregnant please inform instructors prior to the class start. We reserve the right to change or cancel classes if we need to and we have the right to refuse entry to classes

BOOKING CONDITIONS

Please note that classes are bookable and **MUST** be paid for within 48 hours of the class to secure the place or the booking will be cancelled. To avoid disappointment booking is recommended as spaces are limited.

BLOCK BOOKING SCHEME

Ask about our block booking scheme, you can block book 10 classes for **£65** choose your classes as you go along, payment must be made at the time of booking. Valid 3 months from date of purchase and are non transferable or refundable. 24 hr Cancellation Policy Applies.

CANCELLATION POLICY

- No refunds will be issued on cancellation.
- Cancellations must be made a least 24hrs before a class, customers will receive a transfer which can be used towards another class of the same value.
- Please inform the instructor of any recent illnesses, medical conditions and any injuries, classes are **NOT** suitable for pre-natal clients.
- Please turn up for the class in plenty of time, the instructors reserve the right to refuse admittance should they deem necessary.
- We regret all mobile phones must be switched off on entry to the studio. Borderpilates has the right to change or cancel a class without notice.

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