



Terms and Conditions

Group and Postnatal Pilates classes

- Payments for all courses are made in advance of the first class.
- Class passes are valid for the period of time stated on your class pass card.
- Sessions cannot be carried over to a new course however sessions attended do not need to be consecutive.
- If you are unable to attend a class but would still like to attend one during that same week, please do ask, as I may be able to 'swap' your place onto a different class.

Personalised 1:1 or 1:2 Pilates

- If you are unable to attend your private session, please provide at least 24 hours notice. I will then do my best to offer you another appointment during that same week.
- Should I receive less than 24 hours' notice, the session fee will not be refundable.
- When purchasing a course of 4 sessions, these need to be redeemed within 10 weeks; when purchasing a course of 6 sessions, these need to be redeemed within 12 weeks of the purchase date.

Workplace Pilates

- Payment is made in advance of the first session.
- Please inform me if a session has to be cancelled with at least 48 hours' notice. Should I receive less than 48 hours' notice, only 50% of the session cost will be refunded.
- If you purchase a block of 6 or 10 sessions, these need to be redeemed within 12 months of the purchase date.

