

**MAY 2021 ZOOM CLASSES**

**Online classes remain PAYG at £7.50 per class and are open to all clients.**

Private Zoom sessions available on request by arrangement and cost £30.

**TUESDAY 10am**

 **4pm**

**WEDNESDAY 10.30am**

 **6.30pm**

**FRIDAY 10am**

***NO CLASSES ON TUES 4TH MAY, THURS 27TH MAY & FRI 28TH MAY***

**Studio 1:1 and 2:1 (must be household bubble) are now available. Prices on website. These sessions are Covid safe and are held at the Dobcross studio. Slots available Mon – Thurs afternoons.**

**Studio group classes remain suspended until the beginning of June when I am expecting to re-start the Wednesday 10.30am class at the Springhead studio. The Wednesday morning Zoom class will then be cut.**

Website link:

[www.highperformancepilates.co.uk](http://www.highperformancepilates.co.uk)