

Spring Renewal Form

Monday 6th January 2020 - Friday 14th February 2020

This a 6 week half term for classes.

Please book & pay by Wednesday 11th December to guarantee your place.



STUDIO NEWS: have you seen our pop up Christmas shop? Cards, gifts and decorations.

Matwork classes end on the Friday next term, please check the payment amount that you are making as we are not including either of the Saturdays in this next Half Term block. If you use Saturday classes for an occasional catch up, please make a note.

Did you read our Newsletter? It is packed full of interesting topics and also includes the '12 Days of Christmas' exercises to keep you flexible during the break. Need a copy? Just ask Jill or leave a message for her at reception....

6 sessions (Monday - Friday Classes) = £54.00

5 sessions (Saturday) = £45.00

Drop ins cost £12.50 per class if there is space.

Bank Account

S/C: 08-92-50

A/C: 68669496

REF: Name & Class

Merry Christmas and thank you for your donations to the Norwich Foodbank!

MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2.00pm 6.00pm 7.15pm	10.20am 11.35am 6.00pm 7.10pm	10:15am* 5.45pm 7.00pm	9.35am 2.45pm*	8.55am 10.15am 11.30am	9.00am 10.15am*
		*Swiss Ball (£10 adv / £12 drop in)	*Bone Health		*Beginners
6th January	7th January	8th January	9th January	10th January	11th January
13th January	14th January	15th January	16th January	17th January	18th January
20th January	21st January	22nd January	23rd January	24th January	25th January
27th January	28th January	29th January	30th January	31st January	1st February
3rd February	4th February	5th February	6th February	7th February	8th February
10th February	11th February	12th February	13th February	14th February	No Class

All classes are non-refundable but we will try to fit you into another one during the half term if you can't make your normal session

RETURN SLIP Spring 2020

The half term is 6 weeks.

NAME: _____

TEL: _____

I wish to attend the following class/es :

DAY: _____

TIME: _____

DAY: _____

TIME: _____

Please circle amount and payment method:

£54 or £45 Other.....

(E.g. if you are taking your holiday allowance - 2 weeks per year between September 2019 and July 2020)

Cash : Paying the amount above by cash.

Cheque: Enclosed a cheque made payable to the Stables Pilates Studio.

Debit Card: At the studio.

Online: Through Mindbody or Stables website.

Bank Transfer: Details below.

S/C: 08-92-50 A/C 68669496 REF: name and class

