

# Pilates in Loughborough with Jane Thomas

## Reformer classes 2019-2020

Monday 11.30am-12.30pm Monday 12.30pm-1.30pm	Monday 7pm-8pm Monday 8pm-9pm	Tuesday 6pm-7pm Tuesday 7pm-8pm	Wednesday 8am-9am Wednesday 9am-10am	Thursday 8am-9am Thursday 9am-10am	Thursday 12.30pm-1.30pm	Thursday 6pm-7pm Thursday 7pm-8pm	Friday 7.30am-8.30am Friday 9.15am-10.15am	Saturday 11.15am-12.15pm
9 September	9 September	10 September	11 September	12 September	12 September	12 September	13 September	14 September
16 September	16 September	17 September	18 September	19 September	19 September	19 September	20 September	21 September
23 September	23 September	24 September	25 September	26 September	26 September	26 September	27 September	28 September
30 September	30 September	1 October	2 October	3 October	3 October	3 October	4 October	5 October
7 October	7 October	8 October	9 October	10 October	10 October	10 October	11 October	12 October
28 October	28 October	29 October	30 October	31 October	31 October	31 October	1 November	2 November
4 November	4 November	5 November	6 November	7 November	7 November	7 November	8 November	9 November
11 November	11 November	12 November	13 November	14 November	14 November	14 November	15 November	16 November
18 November	18 November	19 November	20 November	21 November	21 November	21 November	22 November	23 November
25 November	25 November	26 November	27 November	28 November	28 November	28 November	29 November	30 November
2 December	2 December	3 December	4 December	5 December	5 December	5 December	6 December	7 December
6 January	6 January	7 January	8 January	9 January	9 January	9 January	10 January	11 January
13 January	13 January	14 January	15 January	16 January	16 January	16 January	17 January	18 January
20 January	20 January	21 January	22 January	23 January	23 January	23 January	24 January	25 January
27 January	27 January	28 January	29 January	30 January	30 January	30 January	31 January	1 February
3 February	3 February	4 February	5 February	6 February	6 February	6 February	7 February	8 February
10 February	10 February	11 February	12 February	13 February	13 February	13 February	14 February	15 February
2 March	2 March	3 March	4 March	5 March	5 March	5 March	6 March	7 March
9 March	9 March	10 March	11 March	12 March	12 March	12 March	13 March	14 March
16 March	16 March	17 March	18 March	19 March	19 March	19 March	20 March	21 March
23 March	23 March	24 March	25 March	26 March	26 March	26 March	27 March	28 March
30 March	30 March	31 March	1 April	2 April	2 April	2 April	3 April	4 April
27 April	27 April	28 Apr	29 Apr	30 Apr	30 Apr	30 Apr	1 May	2 May
		5 May	6 May	7 May	7 May	7 May	8 May	9 May
11 May	11 May	12 May	13 May	14 May	14 May	14 May	15 May	16 May
18 May	18 May	19 May	20 May	21 May	21 May	21 May	22 May	23 May
1 June	1 June							
8 June	8 June	9 June	10 June	11 June	11 June	11 June	12 June	13 June
15 June	15 June	16 June	17 June	18 June	18 June	18 June	19 June	20 June
22 June	22 June	23 June	24 June	25 June	25 June	25 June	26 June	27 June
29 June	29 June	30 June	1 July	2 July	2 July	2 July	3 July	4 July
<b>Plus Four Classes (To Be Announced) Over the Summer</b>								
Total number of classes:								
34	34	34	34	34	34	34	34	34

### How It Works

Our Reformer classes are micro-group classes (maximum four people), so you can be assured of the highest quality and highly personalised instruction. Your Coach is fully qualified to National Standards, and fully trained to the exacting and higher standards of the *Pilates in Loughborough with Jane Thomas* company, part of *First Class Pilates – the Pilates Instruction Specialists*.

You join a class running on a specific day and time. Payment is through our Monthly Payment Plan only, and costs £41 a month, between September and August inclusive (with the first payment being taken in September 2019 and the last payment being taken on 1 August 2020). If you join part-way through a year, the cost is still £41 a month, taken from the month you join through till and including August 2019.

Each specific class runs 34 times a year, and you can attend as many or as few of those specific classes as you would like during the year. How many classes you attend is totally up to you. If you attend the maximum 34 of your specific classes the cost works out at under £14.50 per class.

**NB Due to class size of only 4 spaces, Reformer classes do not have an official Catchups system. There is however an unofficial way to get Catchups by manually checking for spaces in other class registers. Please just ask your class Coach for details of how to do this.**