

## Our Prices – ASSESSMENTS, CONSULTATIONS &amp; SINGLE SESSIONS/CLASSES

## INITIAL ASSESSMENTS

**PHYSIOTHERAPY – INITIAL ASSESSMENTS**

New to us? You will need to book an assessment ahead of Physio, Group/Machine Reformer or Private Training Sessions.

**Biomechanical Assessment – £98.00**

Full Body/Sports/ Pre-Travel MOT – diagnosis, treatment, recommendation, and home programme (60Mins)

**Biomechanical Assessment – £98.00**

Long-Term Conditions– diagnosis, treatment, recommendation, and home programme (60Mins)

**Baseline Physical Assessment – £70.00**

Exercise-based Pre-class/Bespoke Session Assessment and Recommendations (45Mins)

**SPECIALIST PHYSIOTHERAPY – INITIAL CONSULTATION**

Vestibular | Neuro | Women's Health Physio

**Biomechanical Assessment & Consultation - £110.00**

Consultation, Assessment and Treatment Plan (60Mins)

## PHYSIOTHERAPY

**PHYSIOTHERAPY – FOLLOW-UP MANUAL TREATMENT**

New to us? An Initial Assessment is required ahead of booking these.

Single Physio Session (30Mins) – £53.00

Extended Physio Session (45Mins) – £75.00

Double Physio Session (60Mins) – £98.00

**SPECIALIST PHYSIOTHERAPY - FOLLOW-UP MANUAL TREATMENT**

Follow-Up Manual Treatment - Vestibular | Neuro | Women's Health Physio  
New to us? An Initial Assessment is required ahead of booking this session.

Specialist Physio Follow-Up (60Mins) - £100.00

Women's Health Follow-Up (30Mins) - £70.00

## REFORMER

**GROUP REFORMER PILATES CLASSES** - Ratio 1:6 (55mins)

A safe, challenging, empowering full body workout.

New to us? An Initial Assessment is required ahead of booking this session.

Single Session - £ 29.50

## BESPOKE TRAINING

**BESPOKE PILATES TRAINING** - Ratio 1:1 (55mins)

Private full body workouts tailored to your needs and goals

New to us? An Initial Assessment is required ahead of booking this session.

Single Session - £ 68.00

**BESPOKE PILATES TRAINING DUO** - Ratio 1:2 (55mins)

New to us? An Initial Assessment is required ahead of booking this session.

Single Session - £ 44.00 per person

**BESPOKE PILATES TRAINING TRIO** - Ratio 1:3 (55mins)

New to us? An Initial Assessment is required ahead of booking this session.

Single Session - £ 34.00 per person

## STUDIO

**STUDIO CLASSES** - Dynamic Matwork & Barre (55mins)

A low impact, full body workout for all levels

Single Session - £18.00

## MASSAGE

**SPECIALIST MASSAGE** – Clinical | Sports | Ayurvedic | Hot Stone

A vital part of feeling well and moving well

30 Minute Session - £42.00

60 Minute Session - £68.00

90 Minute Session - £94.00

## Our Prices 2023/24 – PACKAGES & BLOCKS

### GET STARTED

**PACKAGES** - A perfect combination to start your journey

**Getting Started Package – £100.00**

Physical Baseline Assessment, 1x Group Reformer Class and 1x Studio Class

**Birth & Beyond Package – £170.00**

Physical Baseline Assessment, 1x Private Session and 1x Studio Class

**BLOCKS** - Keeping your progress & pocket on-track

### PHYSIO

**PHYSIOTHERAPY** Follow-Up Manual Treatment (excluding Vestibular | Neuro | Women's Health Physio)  
New to us? An Initial Assessment is required ahead of booking these sessions.

Block of 3 Sessions (3 x 30Mins) – £153.00

Block of 6 Sessions (6 x 30Mins) – £294.00

### REFORMER

**GROUP REFORMER PILATES CLASSES** - Ratio 1:6 (55mins)

New to us? An Initial Assessment is required ahead of booking these sessions.

One-off - £ 29.50

Block of 5 - £135.00

Block of 10 - £250.00

Block of 20 - £440.00

Block of 30 - £600.00

Block of 50 - £950.00

### BESPOKE TRAINING

**BESPOKE PILATES TRAINING** - Ratio 1:1 (55mins)

New to us? An Initial Assessment is required ahead of booking these sessions.

One-off - £ 68.00

Block of 5 - £ 330.00

Block of 10 - £ 620.00

Block of 20 - £1,160.00

**BESPOKE PILATES TRAINING DUO** - Ratio 1:2 (55mins)

New to us? An Initial Assessment is required ahead of booking these sessions.

One-Off - £ 44.00\*

Block of 5 - £205.00\*

Block of 10 - £385.00\*

Block of 20 - £720.00\*

**BESPOKE PILATES TRAINING TRIO** - Ratio 1:3 (55mins)

New to us? An Initial Assessment is required ahead of booking these sessions.

One-Off - £ 34.00\*

Block of 5 - £160.00\*

Block of 10 - £290.00\*

Block of 20 - £540.00\*

\*per person

### STUDIO

**STUDIO CLASSES** – Dynamic Matwork & Barre (55mins)

A low impact, full body workout for all levels

One-Off - £18.00

Block of 5 – £85.00

Block of 10 – £160.00

Block of 20 - £280.00

### MASSAGE

**SPECIALIST MASSAGE** – Clinical | Sports | Ayurvedic | Hot Stone

Keeping you feeling well and moving well

30 Minute Sessions (for Clinical/Sports Massage Only)

Block of 3 – £120.00

Block of 6 – £228.00

60 Minute Sessions

Block of 3 – £198.00

Block of 6 – £378.00

90 Minute Sessions

Block of 3 – £273.00

Block of 6 – £528.00