

PRIVATE PILATES MATWORK CLASSES:

Urdang Academy @ The Old Finsbury Town Hall, Rosebery Ave, EC1
with Chris Hocking, Director of Pilates Based Body Awareness

Mondays: one hour sessions
Tuesdays & Thursdays: mini and micro sessions

Chris can put together combinations of full, mini or micro private and group classes to create an appropriately priced course offering in depth training. Here are a few pointers:

- Those who are not yet members of PBBA may use full private classes to cover Level 1 with a view to joining PBBA at Level 2. This idea may be extended to cover other levels
- 'One off' and 'top up' micro and mini private classes are also available for regular students to boost technique
- It is essential to pay for a full or mini private class at least two weeks in advance so Chris can arrange her timetable and secure the studio
- If you're purchasing a course of one hour privates, please arrange the first session and then pay the full course fee at the end of it. Part payment only complicates matters
- If you change the time and date of your full or mini private class or course giving less than two weeks notice, it will result in the loss of some or all the studio rent and, in certain circumstances, could result in the loss of the whole fee, should Chris be unable to reschedule the class. PBBA wishes to avoid this situation, as we hope you do. PBBA does not give refunds. For more information, please see ['A Very important question answered'](#).

Times and costs

One hour sessions: full private, studio or meeting room hired exclusively for your use. Mondays 8 - 9pm. Non-members welcome, please book ahead. Minimum cancellation period for rescheduling is two weeks.

Number of people	Cost (£)
One to one, or one to two	75
One to three	90
One to four, five or six	100

Mini sessions: 40 minutes, exclusive use of Studio 3
Tuesdays & Thursdays 8.50 - 9.30pm, £55, please book and pay in advance. Non-members welcome. Minimum cancellation period for rescheduling is two weeks.

Micro sessions: 15 minutes, exclusive use of Studio 3
Tuesdays & Thursdays 9 - 9.15pm, £22.50, please book and pay in advance. Members only.

For availability of private classes and to secure a booking, please phone **Chris Hocking** on 020 7240 5922.

www.pilatesbodyawareness.co.uk