

Inspired Pilates class information 2025

Monday, Donhead St Mary Village Hall. SP7 9DQ.

09.15 Improvers mat class.

Monday, Teffont Evias. SP3 5RQ.

Various 1-1 and 2-1 apparatus classes 11.55 / 12 noon and 13.45.

19.30 Improvers mat class.

Tuesday, Teffont Evias. SP3 5RQ.

10.00 Improvers mat class.

11.15 Mixed level mat class.

1-1 reformer class: 12.45.

1-1 reformer class: 13.45.

Wednesday.

Lisa teaches in Salisbury at Bodywise Pilates.

Thursday, Teffont Evias. SP3 5RQ.

10.15 Mixed level class.

19.30 Intermediate mat class.

1-1 reformer slots: 11.15, 12.30 and 13.45.

Friday, Teffont Evias. SP3 5RQ

Various 1-1 reformer classes available.

10.15, 11.15, 12.30 and 13.45

See the next page for pricing and
membership details...



INSPIRED PILATES

E: inspiredpilates@hotmail.co.uk

T: 07966 174 864

2025 Pricing

Our memberships boast 5 free classes a year reducing singular class prices to £11.57 per class!

The prices below are based on teacher holidays and bank holidays.

Class prices per month

Approx £39.00 for the monthly membership (depending on day)

Drop in- £14/pc

Pause your membership for £10/month.

Upon registration you will receive term dates and any other relevant information.

Reformer classes prices

1-1 private

£55

£260 for 5

£500 for 10

2-1 private

£60

Contact for

for blocks.



Lisa Rich Qualifications:

Graduated Scott Studio, Somerset, 2011- Mat work. Graduated Jessica Moolenarr - London 2014 - Apparatus Training. Fully qualified, insured and first aid trained.



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