

Inspired Pilates class information January 2024

Monday, Teffont Evias. SP3 5RQ.

19.00 Intermediate level class with Lisa Rich.

Various 1-1 and 2-1 apparatus classes 11.15, 12.30 and 13.45 with Lisa Rich.

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

09.15 Intermediate level class with Lisa Rich.

Tuesday, Teffont Evias. SP3 5RQ.

09.45 Intermediate level class with Lisa Rich.

11.00 Beginners mat class with Lisa Rich.

1-1 slot: 12.15 - 13.15 apparatus with Lisa Rich.

1-1 slot: 13.30 - 14.30pm apparatus with Lisa Rich.

Tuesday, Bright Seeds, Fovant. SP3 5LQ

17.30 Mixed Level mat class with Will Green.

Wednesday, Teffont Evias. SP3 5RQ.

19.30 Horse Riders Pilates class with Lisa Rich.

Wednesday, Fovant Village Hall. SP3 5JN

10.00 Mixed level with Will Green.

Thursday, Teffont Evias. SP3 5RQ.

10.00 Improvers mat class with Will Green.

13.30 One to one slot or home visit with Lisa Rich.

19.30 Advanced level class with Lisa Rich.

Various 1-1 slots: 11.15, 12.30 and 13.45 with Lisa Rich.

From September Friday, Teffont Evias. SP3 5RQ

Various 1-1 and 2-1 apparatus classes available with Lisa Rich.

Friday fortnightly (please give me a call) - 11.00, 12.15, 13.30.

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



INSPIRED PILATES

E: inspiredpilates@hotmail.co.uk

T: 07966 174 864

2024 Pricing

Our memberships boast 5 free classes a year reducing singular class prices to £10.57 per class!

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

Lisa Rich's classes

Monday- 40 classes for £35/pm

Tuesday- 41 classes for £36/pm

Wednesday- 42 classes for £37/pm

Thursday- 41 classes for £36/pm

Friday- 42 classes for £35/pm

Will Green's classes

Tuesday- 47 classes for £41/pm

Wednesday- 48 classes for £42/pm

Thursday- 48 classes for £42/pm

Drop in- £14/pc

Pause your membership for £10/month.

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

Lisa Rich Qualifications:

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

Will Green Qualifications:

Trained at a Pilates Foundation accredited studio for 18 months.



INSPIRED PILATES

E: inspiredpilates@hotmail.co.uk

T: 07966 174 864