

## Inspired Pilates class information Spring 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.**

**10.00 Intermediate level class with Lisa Rich.**

**11.15 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

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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.



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