

PINEAPPLE PILATES - Z O O M SA

<https://zoom.us/j/5438459312>

Monday	Wednesday	Friday	Saturday
08h20 Lesley / Lindsay	09h30 (34 Sequence) Lesley	08h20 Lesley / Lindsay	
09h30 Tatum	10h30 (Beginner) Lesley / Lindsay	09h40 Lesley / Lindsay	09h30 (from 29 March) Lesley / Tatum
18h00 Tatum	18h00 Lesley		10h30 (until 28 March) Lesley / Tatum

- Please book in advance for the classes that you would like to do by sending me a WhatsApp.
- Cancellation policy: you are not able to make the class booked, please can you let me know by 17h00 the day before.
- Only if possible, please can you keep your video on so that the instructor can make sure that the exercises are being done safely and correctly.
- From February we are going to incorporate the use of a few props in the classes. It would be great if you could buy these props (even just one of them) so that the classes can vary a bit more. If not, you will still be able to do the classes (with a few modifications here and there). Here is an example of the Pilates circle and small ball (20 – 25 cm). It is not necessary to buy the resistance band.

<https://www.takealot.com/just-sports-pilates-accessory-bundle-grey/PLID71232874>

- This year I will send you an invoice at the end of the month for the classes booked/taken.
 - Group class (minimum 4 people)
R50 per class or R500 for a bundle of 10
 - Private lesson @ £220

Thank you so much for your support and please let me know if you have any questions.

I look forward to seeing you on Zoom!

Lesley 😊