

Pineapple Pilates Z O O M UK

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

These are UK times

Monday	Wednesday	Friday	Saturday
06h20 Lesley / Lindsay	07h30 (34 Sequence) Lesley	06h20 Lesley / Lindsay	
07h30 Tatum	08h30 (Beginner) Lesley / Lindsay	07h40 Lesley	
16h00 (from now until 28 March) Tatum	16h00 (until 28 March) Lesley		08h30 Lesley / Tatum
17h00 (from 29 March) Tatum	17h00 (from 29 March) Lesley		

- Please book in advance for the classes that you would like to do by sending me a WhatsApp.
- If 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)

https://www.amazon.co.uk/66fit-Pilates-Double-Handle-Ring/dp/B07T134R8J/ref=sr_1_22?crd=2M1VRU2HGZQ00&dchild=1&keywords=small+ball+pilates+circle+and+resistance+band+combination&qid=1610173217&sprefix=small+ball+pilates%2Caps%2C320&sr=8-22

- This year I will send you an invoice at the end of the month for the classes booked/taken.
 - Group class £4 per class or £15 per week (minimum 4 people)
 - Private lesson @ £20

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 next week!

Lesley 😊