

Pregnancy Pilates

Pre & Post Natal

Clinical Pilates

Private Classes

Apparatus Classes

Mat Classes

Group Reformer Classes

Pelvic Floor Classes

Lymphatic Drainage Massage

Facial Reflexology Massage

Massage

Light Therapy

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Website: www.pilates-haven.co.uk

For massage

The Little Haven on 07766830975

Pilates Haven is a fully furnished Pilates Studio; we aim to provide Pilates to everyone all fitness levels ages and genders.

Jean has trained with first generation teachers as well and second-generation teachers and continues to further develop her studies and knowledge as often as possible. Having practiced Pilates for over 20 years, relocating back to the UK 8 years ago, I have found my feet and managed to develop a studio for everyone.

Clinically, Prehab and Post Op we offer private sessions, duets, classes corporately. Our door is open to everyone.

Reformer and Mat develops strength, tone, lean bodies as well as high fitness levels, we train athletes, dancers, teams for everybody

Pilates is the ultimate work out and no other body system can challenge how you work your body with Pilates.

With love
Jean



Pilates
HAVEN

Pilates for everyone
no matter what



DCI PILATES
EDUCATION INSTITUTE

Pricelist and Packages

1 Mat Class	£13.00 payg*
5 Mat Classes	£55.000 (Use within 6 weeks)
10 Mat Classes	£95.00 (Use within 12 weeks)
1 x Reformer Class	£25.00 payg*
4 Reformer Classes	£80.00 (Use within 5 weeks)
8 x Reformer Classes	£130.00 (Use within 9 weeks)
2 Mat 2 Reformer Pack	£70.00 (Use within 4 weeks)
4 Mat 4 Reformer Pack	£100.00 Per month
Roller Class	£10.00 payg*
Pelvic Floor Clas	£13.00 payg*
1st appointment, with assessment	£50.00
4 Private Sessions	£150.00
Trigger Therapy, for injury and pain	£40.00 per session
Taping for injury	£30.00
Light Therapy Consultation	£50.00
Light Therapy 25min Session	£50.00 payg*
Light Therapy 7 x 25min Sessions	£380.00 (Inc 1 free session)



*pay as you go

Class schedule

MONDAY

10.00	Pre-Pilates
11.00	Mat
12.30	Mother and Baby
17.00	Reformer
18.30	Mat
19.30	Reformer

TUESDAY

6.30	Reformer		7.15	Reformer
9.30	Mat			
10.30	Mat			
10.30	Reformer			
12.30	Reformer			
13.30	Reformer			
18.00	Reformer			
19.00	Mat			

WEDNESDAY

9.00	Mat
10.00	Pelvic Floor
17.30	Reformer
18.30	Mat
18.30	Reformer

THURSDAY

10.00	Mat
18.00	Reformer
18.30	Mat
19.00	Reformer
20.00	Reformer

FRIDAY

8.00	Reformer
9.30	Mat
10.30	Reformer

SATURDAY

8.00	Reformer
9.00	Mat
9.00	Reformer
10.00	Reformer

Suitable for beginners
Summer time only (dates vary)



We now offer light therapy sessions using low-level red or near-infrared light to gently stimulate the skin and underlying tissues. This non-invasive, painless treatment uses targeted wavelengths to penetrate the skin and activate beneficial cellular processes. Reported benefits include improved skin health and anti-aging effects, support for hair growth, enhanced muscle recovery and pain management, improved mitochondrial function and energy, cognitive and neurological support, and cardiovascular and metabolic health. For more information, please email us or pop into the studio.

Pilates Haven is a Teacher Training School for fully comprehensive Pilates Teaching Programmes run through out the year. Powered PEI.

Please adhere to the time limits for packages to make them a viable option for you. Please respect the studio terms of business.

Card payments can be made at no extra cost, but bank transfer or cash is preferred. Please contact us for payment details.