



FEELING THE HEALING

— holistic fitness studio —

PRICE LIST

TAI CHI CLASS (90 minutes)	PRICE PER CLASS	NUMBER OF CLASSES	TOTAL PACKAGE PRICE
One Class	£15.00	1	£15.00
Ten Classes - including 10% discount	£13.50	10	£135.00

HOLISTIC EXERCISE THERAPY (75 minutes)	PRICE PER CLASS	NUMBER OF CLASSES	TOTAL PACKAGE PRICE
One Class	£15.00	1	£15.00
Ten Classes - including 10% discount	£13.50	10	£135.00

MEDITATION CLASS (60 minutes)	PRICE PER CLASS	NUMBER OF CLASSES	TOTAL PACKAGE PRICE
One Class	£12.00	1	£12.00
Ten Classes - including 10% discount	£10.00	10	£100.00

YOGA CLASS (75 minutes)	PRICE PER CLASS	NUMBER OF CLASSES	TOTAL PACKAGE PRICE
One class	£15.00	1	£15.00
Ten Classes - including 10% discount	£13.50	10	£135.00

SELF DEFENCE CLASS (90 minutes)	PRICE PER CLASS	NUMBER OF CLASSES	TOTAL PACKAGE PRICE
One class	£15.00	1	£15.00
Ten Classes - including 10% discount	£13.50	10	£135.00

KICK BOXING AND TAI CHI FOR KIDS (60 minutes)	PRICE PER CLASS	NUMBER OF CLASSES	TOTAL PACKAGE PRICE
One Class	£12.00	1	£15.00
Ten Classes - including 10% discount	£10.00	10	£90.00

ONE TO ONE HOLISTIC PERSONAL TRAINING	PRICE PER SESSION	NUMBER OF SESSIONS	TOTAL PACKAGE PRICE
75 minute session	£65.00	1	£65.00
10 sessions of 75 minute - including 10% discount	£58.50	10	£585.00
90 minute session	£75.00	1	£75.00
10 sessions of 90 minute - including 10% discount	£67.50	10	£675.00

COUPLES HOLISTIC PERSONAL TRAINING	PRICE PER SESSION	NUMBER OF SESSIONS	TOTAL PACKAGE PRICE
75min session - per person	£35.00	1	£35.00
10 sessions of 75min - per person - including 10% discount	£31.50	10	£315.00
90min session - per person	£45.00	1	£45.00
10 sessions of 90min - per person - including 10% discount	£40.50	10	£405.00

SMALL GROUPS (4 PEOPLE) HOLISTIC PERSONAL TRAINING	PRICE PER SESSION	NUMBER OF SESSIONS	TOTAL PACKAGE PRICE
75min session - per person	£30.00	1	£30.00
10 sessions of 75min - per person - including 10% discount	£27.00	10	£270.00
90min session - per person	£35.00	1	£35.00
10 sessions of 90min - per person - including 10% discount	£31.50	10	£315.00

STUDIO HIRE RATES	PRICE PER HOUR	NUMBER OF HOURS	TOTAL PACKAGE PRICE
Drop-in price per hour	£30.00	1	£30.00
Regular slot 2 - 4 hours	£25.00	2 - 4	£50.00 - £100.00
Regular slot 4 - 6 hours	£22.00	4 - 6	£88.00 - £132.00
Regular half day slot - 6 hours	£20.00	6	£120.00
Whole day slot up to 12 hours	£18.00	12	£216.00
Weekend workshop half day rate	£25.00	6	£150.00
Weekend workshop one day rate	£20.00	12 - 14	£250.00
Weekend workshop one and a half days rate	£19.00	18 - 20	£350.00
Weekend workshop two days rate	£16.66	24 - 26	£400.00

CALL NOW & START FEELING THE HEALING TODAY!

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for mind, for body... for life

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