

## Pilates Block Booking and Refund Policy

Blocks of Mat Pilates classes are run over 6-consecutive weeks. All blocks of classes are pre-booked and prepaid by bank transfer prior to the first class, or by cash/card on the first day of each new block.

Classes run consecutively; clients must attend once a week on a specified pre-booked day.

If clients cannot attend on the specified day, rebooking another day in that same week may be possible depending on availability. Rebooking a missed class is not guaranteed and is at the sole discretion of the instructor.

**MFL Pilates Ltd does not take any responsibility for clients' failure to attend their pre-booked weekly classes, and any unattended classes will not be carried over.**

To secure a place on a course you will need to pay for the course in full.

Places in the class cannot be booked or secured without payment.

Places will be secured on a first-come first-served basis.

**Please note:** Courses are run subject to demand. Class numbers will be limited. There will be a minimum number of participants required to make the class viable.

MFL Pilates is unable to offer refunds due to change of personal circumstance resulting in inability to attend booked classes.

If the MFL Pilates instructor is unable to run a class due to unforeseen circumstances, your current block will be extended by the number of classes missed by the instructor, or you will be offered a refund for the missed class or classes.

Mobile phones must be switched off for the duration of the class.

## Health and Suitability

All new clients must complete a PARQ prior to attending their first class. Clients are responsible for notifying the instructor of any changes in their health or medical conditions.

Clients accept full responsibility for carrying out exercises under the guidance of the instructor.

Clients must follow the instructor's Health & Safety instructions when using equipment in the studio

## In the Studio

Suitable clothing for exercise must be worn. This should not be restrictive, or too baggy and no riveted/studded clothing is to be worn.

Please ensure that you arrive on time for each session out of respect for others in the class and the instructor.

Mobile phones should be switched off for the duration of the class.

## Reformer Pilates Classes

For Reformer Pilates classes long hair should be tied back and socks must be worn for health and safety reasons.

Suitable clothing must be worn that is not restrictive or too baggy.

Clothing with zips, studs or rivets are not to be worn whilst using the reformer machines.