



# BOOKING FORM AND CONDITIONS 1-1 PILATES

I would like to confirm an appointment for the following:  
(please tick the appropriate box)

- Introduction to Mat Work Pilates (£25.00)
- Mat Work Pilates Technique Review (£25.00)
- Just For You Pilates - Personal Training (£20.00)
- Machine Pilates' Reformer - 30 minutes (£15.00)
- Machine Pilates' Reformer - 60 minutes (£20.00)
- Posture Assessment (£25.00)

on: ..... at: .....

I enclose a deposit of £10.00 (the balance to be paid on the day of the actual lesson.)

Name: .....

Address: .....

Town: .....

Postcode: ..... Email: .....

Contact number: .....

## CONFIRMATION AND CANCELLATION PROCEDURE

- All provisional dates/times must be confirmed **no later than 7 days in advance** (including weekends and bank holidays) by returning a completed booking form, accompanied by a £10 deposit, to my home address. Failure to do so will result in the provisional date/time being cancelled and the client will be notified.
- Once a lesson is confirmed, deposits **will not** be refunded should the client have to cancel the lesson. Deposits will be refunded or the lesson rearranged if it has to be cancelled by the teacher for any reason.
- Confirmation of a lesson will be acknowledged by phone, email or letter.
- The balance of the lesson will be due at the actual lesson.
- Cash and cheques accepted. Cheques payable to B Francis or BJJ Coaching Me.

I have read the conditions above and understand that, once a lesson has been confirmed, there will be no refund of deposit whatsoever should I have to cancel it.

Signed .....

All booking forms to be returned to:  
Bev Francis, 38 Eastern Road, Sutton Coldfield, West Midlands, B73 5NU.