



Main Studio - Mat Class PRICES

Drop-in	£20
5 Class Pass (1 month expiry)	£80
10 Class Pass (2 month expiry)	£110
Unlimited Founder Membership	£149

- Main studio classes only
- Price fixed until 1st January 2029
- Standard membership Price to increase in 2026 to £179
- 10% off all future Flow offerings (Retail, Reformer, Workshops and Events)
- No joining fee (£25 joining fee from 1st January 2026)
- Rolling monthly subscription
- 1 month notice for cancellation

Sign up and pay for October's membership now, and get the rest of September on us.

Reformer Studio PRICES

Drop-in	£25
5 Class Pass (1 month expiry)	£110
10 Class Pass (2 month expiry)	£200
20 Class Pass (3 month expiry)	£380

Main Studio UPFRONT SPECIAL PRICES

6 Month Upfront Unlimited Special	£790 £104 Saving!
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- Main studio classes only
- 10% off all future Flow offerings (Retail, Reformer, Workshops and Events)
- No joining fee (£25 joining fee from 1st January 2026)
- Price to increase in 2026

12 Month Upfront Unlimited Special	£1,490 £298 Saving!
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- Main studio classes only
- 10% off all future Flow offerings (Retail, Reformer, Workshops and Events)
- No joining fee (£25 joining fee from 1st January 2026)
- Price to increase in 2026