

tops:health



function:

freedom

01865 311686

www.tops.health

Timetable

Majority of classes 12-14 [S] = small class size approx. ●

September 2019 [Subject to change] ●

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Clinical Yoga [S] Mixed Ability Catherine Huck 08:00 – 09:00	Clinical Yoga Mixed / Advanced Catherine Huck 07:30 – 08:30	Clinical Yoga [S] Mixed Catherine Huck 08:00 – 09:00	Reformer Pilates [S] Advanced Vanessa Geremias 08:00 – 09:00	Yoga Mixed Emma Middleton 08:00 – 09:00	Vinyasa Yoga Mixed Roosa Leimu 08:15 – 09:15
Clinical Yoga [S] Mixed Ability Catherine Huck 09:15 – 10:15	Barre Mixed Roosa Leimu 08:45 – 09:45	Clinical Yoga [S] Mixed Catherine Huck 09:15 – 10:15	Clinical Yoga Mixed / Advanced Catherine Huck 09:15 – 10:15	Reformer Pilates [S] Intermediate Vanessa Geremias 09:10 – 10:10	Matwork Pilates Beginners Vanessa Geremias 09:30 – 10:30
Matwork Pilates Mixed Ability Sara Fernandez 11:00 – 12:00	Reformer Pilates [S] Advanced Vanessa Geremias 09:50 – 10:50	Matwork Pilates Mixed Vanessa Geremias 10:30 – 11:30	Yoga Blast Mixed Advanced Bertie Jesson 10:20 - 10:55	Reformer Pilates [S] Intermediate Vanessa Geremias 10:20 – 11:20	Reformer Pilates [S] Intermediate Vanessa Geremias 10:40 – 11:40
Matwork Pilates Mixed Ability Gemma Queralt 12:15 – 13:15	Matwork Pilates Mixed Vanessa Geremias 11:00 – 12:00	Reformer Pilates [S] Postnatal - Babies Welcome Sara Fernandez 11:40 – 12:40	Matwork Pilates Mixed Nicola Graham 11:00 – 12:00	Gentle Hatha Yoga Mixed Bertie Jesson 11:30 – 12:30	Reformer Pilates [S] Beginners Vanessa Geremias 11:40 – 12:40
Matwork Pilates Mixed Ability Nicola Graham 13:30 – 14:30	Dynamic Hatha Yoga Improver / Mixed Bertie Jesson 12:15 – 13:15	Reformer Pilates [S] Intermediate Kate Layton 12:45 – 13:45	Clinical Yoga [S] Beginners Catherine Huck 12:15 – 13:15	Matwork Pilates Mixed Vanessa Geremias 12:30 – 13:30	Sunday
Reformer Pilates [S] Intermediate Jagoda Kucharska 14:45 – 15:45	Tai Chi for health [S] Intermediate Clare MacGinnis 13:30 – 14:30	Reformer Pilates [S] Intermediate Sara Fernandez 13:50 - 14:50	Mindbody Pilates Mixed Clare MacGinnis 13:30 – 14:30	Iyengar Yoga Beginners / Improvers Sophia Argyris 13:40 – 15:10	
Matwork Pilates Beginners Jane Cunningham 18:00 – 19:00	Functional Rehab [S] Contact for Details Joanna Zylkiewicz 15:30 – 16:15	Clinical Yoga [S] Beginners / Improvers Catherine Huck 15:00 – 16:00	Clinical Yoga [S] Beginners / Improvers Catherine Huck 15:45 - 16:45	Dynamic Matwork Pilates Mixed / Advanced Jagoda Kucharska 18:00 – 19:00	Yoga Nidra Mixed Roosa Leimu 15:00 - 17:00 (monthly)
Matwork Pilates Mixed / Advanced Jane Cunningham 19:00 – 20:00	Reformer Pilates [S] Intermediate Kate Layton 17:30 - 18:30	Matwork Pilates Mixed Sara Fernandez 16:00 – 17:00	Reformer Pilates [S] Beginners Sara Fernandez 17:00 - 18:00	Matwork Pilates Mixed Jagoda Kucharska 19:00 – 20:00	
	Reformer Pilates [S] Intermediate Kate Layton 18:30 – 19:30	Reformer Pilates [S] Antenatal Sara Fernandez 17:00 - 18:00	Reformer Pilates [S] Intermediate Sara Fernandez 18:00 – 19:00		
	Dynamic Hatha Yoga Intermediate / Advanced Bertie Jesson 19:30 – 20:45	Matwork Pilates Mixed Olivia Prince 18:00 – 19:00	Flow & Restore Yoga Mixed Roosa Leimu 19:30 – 21:00		
		Iyengar Yoga Intermediate / Advanced Sophia Argyris 19:30 – 21:00			

Price list

2019/20

All services available in Summertown

availability at other locations may differ

Musculoskeletal, Sports & Hand Physiotherapy

[No student discount available for Hand therapy]

Initial session (45-60 minutes) £70

Subsequent sessions (30 minutes) £45

Extended rehabilitation sessions
(45 minutes) £60

STUDENT Initial session (45-60 minutes) £50

[not available Saturdays]

STUDENT Subsequent sessions £36

[30 minutes] [not available Saturdays]

Women's Health Physiotherapy & Mummy MOT

Initial session (60 minutes) £90

Subsequent sessions (30 minutes) £55

Massage

Initial and extended sessions
(60 minutes) £50

Subsequent sessions (30 minutes) £30

STUDENT Initial and extended £45

(60 minutes) [not available Saturdays]

STUDENT Subsequent student £25

[30 minutes] [not available Saturdays]

Home Physiotherapy visits

Initial session (45-60 minutes) £90

Subsequent sessions (30 minutes) £72

Prices listed only available Summertown

Pilates & Yoga

Private Pilates or Physiotherapist
led yoga session (60 minutes) £70

Private Pilates or Physiotherapist
led yoga session (30 minutes) £45

Private yoga session with
instructor (60 minutes) £55

Duo Pilates or yoga session
with instructor (60 minutes) £90

10 Private Pilates or Physiotherapist
led yoga sessions (60 minutes) £600

10 Private yoga sessions with
instructor (60 minutes) £500

Matwork Pilates, Tai Chi, Barre, and all large group Yoga Classes

Drop in [valid for 1 month] £15

6 classes [valid for 3 months] £72

12 classes [valid for 6 months] £120

20 classes [valid for 12 months] £180

Clinical Yoga Classes small group

Drop in [valid for 1 month] £23

6 classes [valid for 3 months] £120

12 classes [valid for 6 months] £216

20 classes [valid for 12 months] £320

Yoga Nidra & Workshops

Yoga Nidra Drop in £23

Workshops on enquiry