

OUR PRICE PACKAGES

Pay As You Go Pricing

1 Class	£30 per class	14 day expiry
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Pavilion Only Memberships

Pavilion Only - All Inclusive Membership	£99	Monthly Fee
Pavilion Only - Senior all Inclusive membership (65 yrs +)	£79	Monthly Fee
Pavilion only - Student all Inclusive	£75	Monthly Fee

Current UCS Active Member

(applicable for Premier and Platinum members, monthly membership fees apply) / UCS Parent)

1 Class	£17 per class	14 day expiry
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All Inclusive Package

(UCS Active and Pavilion Membership)

Premier Plus	£153.50	Monthly Fee
Premier Plus - Senior (65 yrs+)	£91.50	Monthly Fee
Premier Plus – Students	£91.50	Monthly Fee
Platinum Plus	£162.00	Monthly Fee
Platinum Plus - Senior (65 yrs+)	£99.50	Monthly Fee
Platinum Plus - Students	£99.50	Monthly Fee



Reformer Pilates Timetable

1st September - 30th November 2026

ucsactive.org.uk | ucsvenues.co.uk | 020 7433 2127



Reformer Pilates Timetable

1st September 2026 – 30th November 2026

MONDAY

Time	Class	Instructor
9.30 - 10.20am	Foundations	Lauren
10.30 - 11.20am	Flow	Lauren
5.30 - 6.20pm	Foundations	Hong
6.30 - 7.20pm	Flow	Hong

*One booking per member

WEDNESDAY

Time	Class	Instructor
9.30 - 10.20am	Flow	Jana
6.00 - 6.50pm	Foundations	Antria
7.00 - 7.50pm	Flow	Antria

*One booking per member

TUESDAY

Time	Class	Instructor
6.30 - 7.20am	Flow	Filiz
7.30 - 8.20am	Foundations	Filiz
5.30 - 6.20pm	Foundations	Josephine
6.30 - 7.20pm	Flow	Josephine

*One booking per member

THURSDAY

Time	Class	Instructor
5.30 - 6.20pm	Foundations	Kaz
6.30 - 7.20pm	Flow	Kaz

*One booking per member

FRIDAY

Time	Class	Instructor
9.30 - 10.20am	Foundations	Lauren

*One booking per member



CLASS DESCRIPTIONS

Reformer Foundations

A Reformer Foundations class builds strength, stability, and confidence by teaching essential Pilates Reformer exercises and proper alignment. This beginner-friendly class focuses on core activation, controlled movement, and breath to create a strong foundation for future progress.

Reformer Flow

Reformer Flow is a dynamic, full-body class that links Pilates Reformer exercises into smooth, continuous sequences. This class emphasizes strength, mobility, balance, and breath, offering a steady pace that builds endurance while keeping movement fluid and controlled.

Just a heads-up that each session can welcome a maximum of 11 participants. Terms and conditions also apply.

BOOKING PROCESS

You can book Reformer Pilates classes via [Club Hub](#) or by calling 020 7433 2127 or visiting the UCS Active/Pavilion reception.



LOCATION

The UCS New Pavilion, Refectory Hall - Hocroft Road, London NW2 2BH

020 7433 2127 | @ucspavilionpilates

ucsactive.org.uk | ucsvenues.co.uk