OUR PRICE PACKAGES

Pay As You Go Pricing		
1 Class	£30 per class	14 day expiry
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
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

PILATES @ THE PAVILION

Reformer Pilates Timetable

30th November – 20th December 2026

21st December – 3rd January 2026

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

PILATES @ THE PAVILION

Reformer Pilates Timetable

30th November 2026 – 20th December 2026

MONDAY

Time	Class	Instructor
9.30 - 10.20am	Foundations	Tanvi
5.30 - 6.20pm	Foundations	Hong
6.30 - 7.20pm	Flow	Hong

*One booking per member

TUESDAY

Time	Class	Instructor
6.30 - 7.20am	Flow	Filiz
9.30 - 10.20am	Foundations	Filiz
6.00 - 6.50pm	Foundations	Josephine
7.00 - 7.50pm	Flow	Josephine

*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

THURSDAY

Time	Class	Instructor
6.00 - 6.50pm	Foundations	Roshni

*One booking per member

FRIDAY

Time	Class	Instructor
9.30 - 10.20am	Foundations	Jana

*One booking per member

LOCATION

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



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.

PILATES @ THE PAVILION

Reformer Pilates Timetable

21st December 2026 –3rd January 2026

MONDAY (21st Dec)

Time	Class	Instructor
9.30 - 10.20am	Foundations	Tanvi
5.30 - 6.20pm	Foundations	Hong
6.30 - 7.20pm	Flow	Hong

*One booking per member

TUESDAY (22nd Dec)

Time	Class	Instructor
6.30 - 7.20am	Flow	Filiz
9.30 - 10.20am	Foundations	Filiz
6.00 - 6.50pm	Foundations	Josephine
7.00 - 7.50pm	Flow	Josephine

*One booking per member

WEDNESDAY (23rd Dec)

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

THURSDAY (24th Dec)

Christmas Eve – no classes

Time	Class	Instructor

FRIDAY (25th Dec)

Christmas Day – no classes

Time	Class	Instructor

Please note; there will be no classes on Monday 28th, Tuesday 29th & Wednesday 30th December

LOCATION

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

020 7433 2127 | @ucspavilionpilates



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.

ucsactive.org.uk | ucsvenues.co.uk