



Question- Which classes do you currently run?

Answer- We currently run 6 classes, of which 3 are Yoga classes, 2 Pilates classes and 2 Boxing classes.

Question- Where do the classes take place?

Answer- At the Health Club at the Naval and Military Club, 7-9 Babmaes Street, SW1Y 6HD

Question- What days and times are the classes?

Answer- At present we have the following days and times: Yoga- Tuesday and Thursday 12pm to 1pm, and Friday 1pm to 2pm. Boxing- Monday 5:30pm to 6:30pm and Wednesday 1pm to 2pm. Pilates- Monday 12pm to 1pm and Wednesday 6pm to 7pm.

Question- How many people are there in each class?

Answer- We'll have no more than 5 people per class, but even if there's just 1 person the class will still go ahead.

Question- How do I book in for my class?

Answer- All bookings are to be made through gym@nordicbalance.co.uk, where you'll receive a confirmation email.

Question- What do I do if I need to cancel my booking?

Answer- All cancellations are to be done through gym@nordicbalance.co.uk. Please ensure you cancel outside 24 hours from the class time- any cancellations within 24 hours or no-shows will mean you'll no longer be able to book in advance for your sessions.

Question- How much does each session cost?

Answer- We have 2 options. 1. Buy a block of 10 for £200, which works out at £20 per session. 2. Pay-as-you-go, which costs £25 per session (and needs to be paid cash at the time). If you'd like to buy a block, we accept all major forms of payment and in return you'll get a session card, which will need to be stamped each time you attend the class.

Question- How long do I have to use my sessions (if I bought a block of 10)?

Answer- You've got 4 months from the date of purchase.

Question- What do I do if I'd prefer a class at a different time to what you currently run?

Answer- Let us know! If we've got enough interest for a different time we'll go ahead and set up another class.

Question- Do you need any paperwork from me before I start?

Answer- Yes, we need you to fill out a Physical Activity Readiness Questionnaire (Par Q), which we will email to you before you start. Please fill this out beforehand and bring in to your first session.

Question- What should I wear to my class?

Answer- Comfortable gym clothing, with trainers for walking around the gym.

Question- Can I still attend the class if I'm a beginner?

Answer- The great thing about small classes is that our teachers can adapt their session to fit each person. Just take a few minutes beforehand to confirm your level, and she'll work accordingly.