



Hello,

Starting at a new studio can be nerve-wracking. But it shouldn't have to be. If you're thinking about signing up for Beyond Move, we want you to feel relaxed and walk into class knowing exactly what to expect.

Here are some of our most frequently asked questions:

**Q. How do I sign up?**

A: Easy, click [here](#) and after, you can schedule your classes via the booking system.

Our Address is [9 Cat Hill EN4 8HG](#).

If you signed up for an online class, your Zoom link would be in your confirmation email.

**Q. How fit do I need to be?**

A: All levels are welcome. Our instructors can help tailor your experience to your level. If you have specific questions, please email us before. Our classes are benefiting for all levels. However, dynamic Pilates is recommended for people who have a good understanding of the Pilates key elements.

**Q. What are the benefits of Beyond Move and our community?**

A: Beyond Move is a small boutique Pilates studio in the suburb of North London. We want you to believe in your own power to improve your wellbeing, strength, and posture. Our teachers are welcoming, kind and experienced in their field.

**Q. What to wear to my first class?**

A: Please wear something comfortable. In the studio, we provide all equipment. We kindly ask you to wipe the mats, etc., with the antibacterial wipes provided before and after the class. We recommend wearing socks. Also, please feel free to bring your own mats and equipment.

In Pilates class, we use small equipment such as a pilates ball, pilates band, loop band, and spikey balls (dedicated classes with pilates circle & foam roller). In Yoga, we use blocks and a band.

**Q. Do I need to show up early?**

A: We recommend coming 5 minutes earlier to introduce ourselves and familiarise ourselves with our settings.



### **Q. About the classes?**

1. Classes can book class up to 1 hour before the start of the class.
2. Please note that unless stated otherwise, our Pilates classes take all levels. We love to bring you safe and effective exercises for anyone focusing on performance, muscle toning, rehabilitation, and posture.
3. Most of the studio classes are also offered online zoom classes too
4. In-person classes are limited to a max of 7/8 people
5. A min of **12h cancellation is required**. Failing to turn up or cancel class on time will result in an additional £5 fee – after 3 late cancellations.
6. Class with only one participant will be reduced to 30min (1:1) session.
7. Classes are 45-55 min, which is indicated in the timetable.
8. The level of the class is marked on the timetable.
9. Please note unmarked level is suitable for all general levels.
10. We keep our rights to change the timetable within short notice. We make all effort to inform you of these changes.
11. Prenatal, Postnatal & Peto Pilates classes are running in 6-week Blocks. Please check our dates for the coming courses.
12. Please read our full Terms and Conditions and Cancellation Policy [here](#).

Did we miss your question? If we did, and you need something else answered before you book, you can reach us at 07870 667 384 or hit reply to this email!

Warm wishes,

Noemi x

*Founder of Beyond Move*