



OUR PACKAGES

Delivering workplace movement programmes designed to reduce physical strain and improve employee wellbeing.

RESET



Workplace posture & mobility sessions.

30-45 minute guided Pilates session, suitable for all abilities with no previous experience needed. All equipment provided.

Designed to reduce desk-related tension, increase postural awareness, and help employee's recharge during the working day.

Best for wellbeing days, team events, and lunch break sessions.

RESTORE

Recurring team wellness program.



Weekly or monthly programme designed to support employee wellbeing consistently over time, with flexible scheduling options.

Includes tailored class structures, posture, mobility and core-focused Pilates paired with stress-reducing breathwork and recovery elements.

Provides ongoing employee wellbeing support, reduced physical tension and an increase in productivity and team engagement.

ELEVATE

A customised wellness experience.



A bespoke movement and wellbeing experience that aligns with modern wellbeing goals and high-performing workplace culture.

Tailored Pilates classes, paired with breathwork, mobility and recovery-focused elements. Flexible half or full day options in either one of our studios or on-location.

Memorable, high-quality wellness experience designed to leave teams feeling restored and re-energised.



GET IN TOUCH

Ready to book? We'd love to hear from you.
Enquire now for a bespoke package and pricing.


If you have any other questions be sure to check out our
[FAQ's page](#).

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