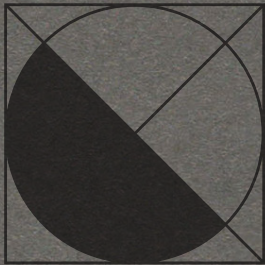
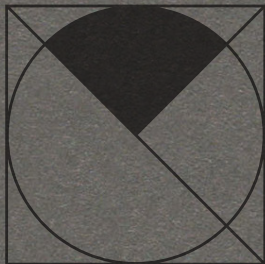


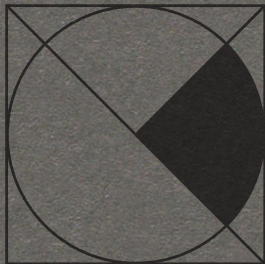
NOBU
PILATES



POWER



PRECISION



PURE

POWER
PRECISION
PURE

These are the central pillars of Nobu Pilates.

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A hybrid of classical Pilates and high-intensity training, Nobu Pilates has been developed by master trainer Marsha Lindsay to deliver the ultimate sculpted physique.

Set in London's most stylish studio at Nobu Hotel London Portman Square, Nobu Pilates is a natural extension of the world-renowned Nobu brand, exemplifying a streamlined and elegant approach that continues to define excellence.

Nobu Pilates offers three signature classes:

Power Pilates, Precision Pilates and Pure Pilates

— each fusing the core components of traditional Pilates with a fresh, fast-paced and focused flow. With a maximum of ten participants in each class, everyone is ensured individual attention while still enjoying the buzz of an energised and active group.



POWER PILATES

The core and essence of Nobu Pilates, this high-energy, HIIT-style class is the first of its kind to deliver fast-flow, fusion Pilates. Featuring innovative jump-board choreography and up-tempo moves, this class is designed to build strength, length and endurance. Challenging but hugely rewarding.



PRECISION PILATES

A complete body workout with an accent on specific muscle groups. Choose to zone-in on upper body, lower body or abs and glutes while sculpting your overall physique for optimal strength and tone. Delivers focused, fast results.



PURE PILATES

Designed for purists, this masterclass makes use of all the equipment originally created by Joseph Pilates. The cadillac, the reformer, the tower, the chairs and barrels all combine to offer not just a workout but also an education in the discipline of good posture and a solid core.

PRESCRIB PILATES

Tailor-made classes designed for your body's specific requirements. Prescription Pilates is for those who want one-on-one attention and a bespoke workout catering to individual needs.

	SINGLE SESSION	5 PACK	10 PACK	20 PACK
PRESCRIBED CLASS 1 ON 1 - MASTER INSTRUCTOR	£120	£575	£1,100	£2,100
PRESCRIBED CLASS 1 ON 1 - INSTRUCTOR	£95	£450	£850	£1,600
PRESCRIBED CLASS 2 ON 1 - MASTER INSTRUCTOR	£75pp	£350	£650pp	£1,200
PRESCRIBED CLASS 2 ON 1 - INSTRUCTOR	£55pp	£265pp	£510pp	£1000pp
GROUP CLASS - PER PERSON	£35	£165	£310	£600
POSTURE SCREEN - PER PERSON PER SCREENING	£30			

STUDIO

- *We have a strict 24-hour cancellation policy, so please let us know if you cannot attend your class*
- *Please arrive at least 10 minutes before your class starts. Unfortunately participants arriving more than 5 minutes late cannot be admitted*
- *Mobile phones are not allowed in the studio but lockers are available*
- *Please do not bring valuables to the studio or Wellness and Fitness areas. Nobu Hotel London Portman Square is not responsible for damage to, or loss of, personal belongings*
- *Shoes must not be worn in the studio*
- *Please store bags, coats and jackets in the lockers provided*
- *Do bring a water bottle. Water fountains are located outside the studio*

CLASS PARTICIPATION

- *Please wear athletic attire. Grip sock are advised*
- *Classes are open to those over the age of 16*
- *Pre-natal participants must have taken part in Pilates classes before, and have a 1:1 with one of our specialist instructors*
- *Please let our instructors know of any medical injuries prior to starting a class*

COVID-19 COMPLIANCE

- *Upon arrival there will be hand sanitation and temperature checks*
- *Please sanitise and wash your hands before and after classes*
- *We ask you to wear a face covering around the common areas though masks will not be needed whilst exercising*