



Semi-Privates FAQ

What are our Semi-Private Classes?

What is a semi-private Pilates class?

Semi-private classes are intimate sessions with 3 movers. Each person follows their own tailored programme and goals, making them the perfect stepping stone between individual and group sessions. You'll get personalised attention whilst enjoying the motivating energy of working out with two other like-minded people - it's the sweet spot between individual focus and group dynamics.

Getting Started

Do I need experience to join a semi-private class?

Empowerment is important to us at WAVES, and a big part of this is enhancing your independence and awareness of your body, your mind, and how they integrate with movement. Semi-private classes work best when you already have some foundation.

If you're new to movement or haven't had individual sessions with us before, we recommend starting with our intro pack. If you've already had an intake with us or have been having regular private sessions, you're all set to jump straight into semi-privates. Polestar students can also schedule semi-privates directly without needing an intake. This foundation means you'll have that lovely bit of self-knowledge and self-sufficiency that makes semi-privates so effective!

What is an intake session?

An intake session is your personalised "getting to know you" assessment (30, 60, or 90 minutes) where we have a proper chat about your fitness level, any niggles or health concerns, and work out the perfect programme for your needs. It's like a friendly health check that ensures your Pilates journey at WAVES is safe, effective, and tailored to you.



Do I absolutely need an intake session before joining semi-private classes?

Yes, an intake session is required before you can join our semi-private classes. However, if you've already had an intake with us in the past, you've been having regular private sessions, or you're a Polestar student, you're all set to jump straight into semi-privates.

What's this intro pack you mentioned?

Our intro pack includes 4 individual sessions (excluding the intake) where you'll develop your own individual programme. This helps prepare you for any of our offerings, including semi-privates, by building that foundation of movement knowledge and body awareness.

Can I book a discovery call first?

Absolutely! We offer free telephone consultations with our lovely colleague Marie to help you understand our Pilates offerings and work out the best path forward for you. She's brilliant at putting minds at ease!

Class Structure & Scheduling

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How long are semi-private classes?

Each session is 55 minutes of pure focus and movement - just the right amount of time to warm up together, work through your individual programmes, and cool down as a group.



How do the classes work exactly?

Everyone warms up and cools down together, creating that sense of group energy and connection. In between, each person works on their own individual programme that's been crafted specifically by the instructor you've previously worked with in your private sessions. It's like having your own personal workout whilst being part of a supportive little community.

What's the maximum number of participants in a semi-private class?

Each semi-private class has exactly 3 participants - we've found this is the sweet spot for getting proper individual attention whilst still having that lovely group energy!

How often should I attend semi-private classes?

This really depends on your goals and lifestyle, but most people find 1-2 times per week works brilliantly for maintaining and building on their progress.

Do my individual programmes change?

Absolutely! Your programme will progressively change as you grow in experience to keep challenging you and helping you progress. If you would like a big update (new goals, new injuries etc.) it is advised to schedule yourself for an extra individual session. You can definitely chat to your instructor for their advise as well. No getting stuck in a rut here!

Can I book regular weekly slots?

Yes! You can absolutely book regular weekly slots that work with your schedule.

Can I join semi-privates and do group classes too?

Yes! They work really well together. Many of our clients love combining semi-privates with group classes for the perfect blend of individual attention and group energy.



What's your cancellation policy?

Please see our full policies at <https://wavesleuven.be/policies/> for all the details.

Equipment & Location

What equipment is used in semi-private classes?

We offer both Pilates and Gym semi-private options! Our Pilates semi-privates use all our beautiful professional equipment including reformers, chairs, barrels, and other specialised apparatus in our back Pilates area. Our Gym semi-privates take place in our gym area with all the strength and conditioning equipment you'd expect.

Where do classes take place?

- Pilates Semi-Privates: in our back-right Pilates area (where the Circuit Classes also run)
- Gym Semi-Privates: in our gym area

Classes are spread throughout the week and weekend to give you plenty of options that fit your lifestyle.

What should I wear?

Wear comfortable, well-fitting clothing that allows for full range of movement. Think yoga leggings rather than baggy tracksuit bottoms - we need to see how you're moving to help you properly! Grippy socks are brilliant for safety and hygiene on our equipment.

What should I bring?

Just yourself! We provide all necessary equipment. You may want to bring water and a small towel.



Who are Semi-Private Classes for?

Are semi-private classes right for me?

Semi-private classes are brilliant for several types of people:

- Those needing longer individual support: if you require a more extended individual journey or additional guidance and aren't quite ready for group classes yet
- People feeling unsure about group classes: if the thought of jumping straight into a larger group feels a bit daunting, semi-privates offer a gentle bridge
- Those with instructor preferences: if you've connected particularly well with a certain instructor, semi-privates can be a lovely stepping stone to their group classes
- Movement enthusiasts seeking depth: if you're already quite involved with movement and want more depth and personal fine-tuning - perfect for Polestar students or those with extensive gym experience
- Elite level movers: athletes, musicians, and other high-level performers who have specific goals and need that precise, individualised attention
- Budget-conscious movers: More affordable than one-to-one or duo sessions whilst still getting that individual attention

What makes semi-private classes special?

The advantage of semi-private sessions lies in the opportunity to learn to practise more independently than in an individual session. You'll gain a better understanding of the exercises and develop a more accurate and natural sense of your body. You become more aware of the nuances involved in performing the exercises and can then translate this awareness into everyday life - the world outside the studio.



Pricing & Packages

How much do semi-private classes cost?

The rates for these sessions are: €51 / €199 / €488 (Single Session / 4-pack / 10-pack)

Is there a trial offer for new clients?

We don't offer trial sessions, but our intake session and intro pack are designed to help you find the perfect fit for your needs and goals.

Booking & Contact Information

How do I book semi-private classes?

You can book individually (just yourself) or together with 2 or 3 people if you'd like to attend with friends. Everyone signs up per person, but there's something lovely about embarking on this journey with people you know!

Do I need to book with the same people every time?

Not at all! You can book alone and you'll be matched with 2 other participants, or you can book with 1 or 2 friends. The beauty is in the flexibility - you might discover some wonderful new movement buddies along the way!

Can I change my booking?

Yes, in line with our cancellation period you can cancel or move your semi-private session up to 24 hours in advance via our booking system (an app is also available)

Who do I contact with questions?

- Phone: 016 58 04 14
- Email: hello@wavesleuven.be
- Website: <https://wavesleuven.be>



Discovery Call: contact Marie for a free consultation about our Pilates offerings and to work out the best path forward for you. She's absolutely lovely and brilliant at answering all your questions!

Additional Information

Can I combine semi-private classes with other services?

Yes! Of course you can combine with other services. Whether group classes, individual sessions, or one of our health areas - all are an option.

Do you offer classes in English?

Classes are offered in both English and Dutch. We ask if you have a language preference to let your instructor know beforehand so we can accommodate you perfectly.

Health & Safety

Are semi-privates suitable if I have injuries or health conditions?

Absolutely! Everyone is welcome at WAVES, and we specialise in making movement accessible and safe for all bodies. During your intake session, we'll have a thorough chat about any current or previous injuries, health conditions, or concerns. This allows us to create a programme that works with your body, not against it. Our instructors are skilled at providing modifications and progressions that support your individual needs.

What if I'm pregnant?

Congratulations! Pilates can be wonderful during pregnancy with the right modifications. We'd love to support you through this incredible journey. Please let us know about your pregnancy during your intake session to ensure we're providing the safest and most appropriate programme for you and your baby.



Do I need medical clearance?

For most people, no additional clearance is needed beyond our intake session. However, if you have significant health conditions, recent surgeries, or your healthcare provider has given you specific exercise restrictions, we may request a brief note from them. This isn't about excluding anyone - it's about ensuring we can support you in the best possible way.

What makes WAVES different?

At WAVES, we truly believe that movement is for every body. Our intake process and tailored programmes mean that whether you're managing chronic conditions, recovering from injury, navigating pregnancy, or simply wanting to move better, we'll meet you exactly where you are and help you progress safely.



Why Choose WAVES Semi-Private Classes?

At WAVES, empowerment is one of our core values, and semi-private classes embody this beautifully. They provide an empowering and inclusive environment where you can enhance your independence and awareness of your body, your mind, and how they integrate with movement.

Our semi-private classes are designed to bridge the gap between the intensive individual attention of private sessions and the energy of group classes. With exactly 3 participants, each following their own individual programme, you'll receive structured support that helps you develop confidence, body awareness, and movement independence.

A big motivator for us in creating semi-private classes was to support people for whom one-to-one sessions might feel uncomfortable or be financially challenging, whilst still providing that individual feedback and attention that makes such a difference to your progress.



Whether you're looking to improve fitness, address specific needs, or enhance your overall well-being, our experienced instructors will guide you on a safe and effective journey that's tailored just for you. You'll learn to practise more independently whilst being supported by a small, encouraging community of fellow movers.

Ready to get started? Contact us today to book your intake session or discovery call!