

2026 Class timetable & fees - Please check specific class dates – V4(19.01.26)

MONDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
	2:00pm MELT Wall/Chair (L2) - Daventry MIND	13:00pm MELT Beginners (L1) *VENUES TBC - NOT MEMBERSHIP CLASSES	09:30am Movement for Health (MELT & FLUID CHI MOVEMENT) - Woodford Halse, Memorial Hall
6:15pm FLUID CHI MOVEMENT (Chi Kung) - Zoom	3:30pm MELT Wall/Chair/Floor (L3) - Daventry MIND	6pm MELT Intermediate Floor (L3/4) - Woodford Halse, Memorial Hall	

*****PRIVATE CLASS SCHEDULE BY DATES*****

IMPORTANT NOTE - WHILST ANY CHANGES ARE KEPT TO A MINIMUM, DATES ARE SUBJECT TO CHANGE DUE TO ILLNESS, EMERGENCIES OR CAROLE'S STUDY CPD DATES ETC.

Thursdays – 13:00pm MELT Method L1 Beginners *NOT MEMBERSHIP CLASSES*

VENUE: TBC - DAVENTRY/TOWCESTER/ZOOM.

8th, 15th, 22nd, 29th January, 5th Feb BREAK & 19th Feb - Daventry MIND
7th, 14th, 21st & 28th May & 4th & 11th June - Daventry MIND/ZOOM
22nd, 29th Oct, 5th, 12th, 19th & 26th Nov - Daventry MIND/ZOOM

Mondays – 18:15pm Fluid Chi Movement (Chi Kung)

VENUE: ZOOM (ONLINE)

5th, 12th, 19th, 26th Jan, 2nd Feb, BREAK & 16th Feb.
23rd Feb, 2nd, 9th, 16th, 23rd & 30th March.
13th, 20th & 27th April, BREAK , 11th, 18th May, BREAK , 1st June. (BANK HOLS)
8th, 15th, 22nd & 29th June, 6th July, BREAK , 20th & 27th July. (7 week block).
7th, 14th, 21st, 28th Sept & 5th Oct. (5 week block).
19th, 26th Oct, 2nd, 9th, 16th & 23rd Nov.
30th Nov, 7th, 14th & 21st Dec. (4 week block).

Wednesdays – 14:00pm MELT Method L2 Wall/Chair &

Wednesdays – 15:30pm MELT Method L3 Wall/Chair/Floor

(41 classes, extra in case schedule change/sickness happens)

VENUE: MIND Daventry, Brook Street, Old Gas Works Car Park, Daventry NN11 4GG

7th, 14th, 21st & 28th Jan, 4th Feb, BREAK & 18th Feb
25th Feb, 4th, 11th, 18th, 25th March & 1st April
8th, 15th, 22nd, 29th April, 6th & 13th May
20th, 27th May, 3rd, 10th, 17th, 24th June
22nd & 29th July, BREAK AUG , 2nd, 9th, 16th, 23rd & 30th Sept - (7 week block)
14th, 21st, 28th Oct, 4th, 11th & 18th Nov
25th Nov, 2nd, 9th & 16th Dec - (4 week block)

Thursdays – 18:00pm MELT Method L3-4 Floor
(41 classes, extra in case schedule change/sickness happens)
VENUE: Memorial Hall, Station Road, Woodford Halse, NN11 3RB

8th, 15th, 22nd & 29th Jan, 5th Feb, BREAK & 19th Feb.
26th Feb, 5th, 12th, 19th, 26th March & 2nd April.
9th, 16th, 23rd, 30th April, 7th & 14th May.
21st, 28th May, 4th, 11th, 18th, 25th June.
9th, 23rd, 30th July, BREAK AUG , 3rd, 10th & 17th Sept. (No classes 2nd or 16th July, Aug Hols)
24th Sept, 1st, 22nd & 29th Oct, 5th & 12th Nov. (No classes 8th or 15th Oct)
19th, 26th Nov, 3rd, 10th & 17th Dec

Saturdays – 09:30am MOVEMENT FOR HEALTH – MELT & Fluid Chi Movement (Chi Kung)

VENUE: Memorial Hall, Station Road, Woodford Halse, NN11 3RB

3rd, 10th, 17th, 24th, 31st Jan & 7th Feb.
14th, 28th Feb, 7th, 14th, 21st & 28th March (No class 21st Feb),
11th, 18th, 25th April, 2nd, 9th & 16th May.
23rd, 30th May, 6th, 13th, 20th & 27th June.
4th, BREAK , 18th, 25th July, BREAK AUG , 5th, 12th & 19th Sept (Change in July, no class 11th July , Hols during Aug)
26th Sept, BREAK 24th & 31st Oct, 14th, 21st & 28th Nov (NO CLASSES 3rd, 10th, 17th Oct or 7th Nov)
28th Nov, 5th, 12th & 19th Dec.



	MONDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
BLOCK 1	5th, 12th, 19th, 26th Jan, 2nd Feb, BREAK & 16th Feb.	7th, 14th, 21st & 28th Jan, 4th Feb, BREAK & 18th Feb.	8th, 15th, 22nd & 29th Jan, 5th Feb, BREAK & 19th Feb.	3rd, 10th, 17th, 24th, 31st Jan & 7th Feb.
BLOCK 2	23rd Feb, 2nd, 9th, 16th, 23rd & 30th March.	25th Feb, 4th, 11th, 18th, 25th March & 1st April.	26th Feb, 5th, 12th, 19th, 26th March & 2nd April.	14th, 28th Feb, 7th, 14th, 21st & 28th March (No class 21st Feb).
BLOCK 3	13th, 20th & 27th April, BREAK , 11th, 18th May, BREAK , 1st June. (BANK HOLS)	8th, 15th, 22nd, 29th April, 6th & 13th May.	9th, 16th, 23rd & 30th April, 7th & 14th May.	11th, 18th, 25th April, 2nd, 9th & 16th May.
BLOCK 4	8th, 15th, 22nd & 29th June, 6th July, BREAK , 20th & 27th July. (7 week block).	20th, 27th May, 3rd, 10th, 17th, 24th June.	21st, 28th May, 4th, 11th, 18th & 25th June.	23rd, 30th May, 6th, 13th, 20th & 27th June.
BLOCK 5	7th, 14th, 21st, 28th Sept & 5th Oct. (5 week block).	22nd & 29th July, BREAK , 2nd, 9th, 16th, 23rd & 30th Sept - (7 week block).	9th, BREAK , 23rd & 30th July, BREAK , 3rd, 10th & 17th Sept.	4th, BREAK , 18th, 25th July, BREAK , 5th, 12th & 19th Sept. (No class 11th July, Hols during Aug).
BLOCK 6	19th, 26th Oct, 2nd, 9th, 16th & 23rd Nov.	14th, 21st, 28th Oct, 4th, 11th & 18th Nov.	24th Sept, 1st Oct BREAK 22nd & 29th Oct, 5th & 12th Nov.	26th Sept, BREAK 24th & 31st Oct, 14th, 21st & 28th Nov. (NO CLASSES 3rd, 10th, 17th Oct or 7th Nov).
BLOCK 7	30th Nov, 7th, 14th & 21st Dec. (4 week block).	25th Nov, 2nd, 9th & 16th Dec - (4 week block)	19th, 26th Nov, 3rd, 10th & 17th Dec.	28th Nov, 5th, 12th & 19th Dec. (4 week block).
YEAR	TOTAL 40 CLASSES	TOTAL 40 - 41 CLASSES*	TOTAL 40 - 41 CLASSES*	TOTAL 40 CLASSES

*Spare date in case of changes (a week of illness/required study etc). Any reduction in classes or unforeseen changes we will be remedied by scheduling additional classes within the year or if not possible, arranging applicable class refund.

CAROLE'S SUNDAY WORKSHOPS

Workshop Investment for 2026 will be as follows:

Non-members £50 - **Members £40 - 20% off.**

Dates for 2026 workshops are:

18th January

22nd March

17th May

2nd August

20th September

22nd November

An additional 1 - 2 workshops may be arranged on request - TBC.

NEW 2026 MONTHLY PAYMENT PLANS

As you will appreciate business expenses and cost of living needed consideration, to enable me to continue to offer classes, especially when these classes are small. *Please note I have endeavoured to offer the smallest change possible in spite of increase in business running costs.*

IN 2026 AS REQUESTED, THERE WILL BE 40 CLASSES INCLUDED WITHIN YOUR ANNUAL MEMBERSHIP.

	BRONZE	SILVER	GOLD	PLATINUM
Class/Classes per week (40 weeks of the year as per schedule)	1 x zoom class p.w. (40 classes per annum)	1 x In Person class p.w. (40 classes per annum)	1 x In Person class & 1 x zoom class p.w. (80 classes per annum)	2 x In Person class p.w. (80 classes per annum)
Before Discount	40 x £11 = £440	40 x £13 = £520	40 x £24 = £960	40 x £26 = £1040
MEMBERSHIP DISCOUNT	£40 £9.75 per class	£60 £11.75 per class	£160 £20.50 per week	£180 £21.50 per week
TOTAL Per Annum	£390	£470	£819.96	£860
MONTHLY PAYMENT	Monthly £32.50 For 12 months 1st of Month please	Monthly £39.17 For 12 months 1st of Month please	Monthly £68.33 For 12 months 1st of Month please	Monthly £71.67 For 12 months 1st of Month please

PLUS, PLAN - INVEST IN A PLAN FOR YOUR HEALTH & WELLBEING IN 2026

OPTIONAL PLUS PLAN (e.g. one of the above in addition to one option below)

****SAME FEES AS 2025****

Budget for 4, 6 OR 10 x 40min to 1 hr Bowen Technique/one on one Melt sessions with Carole to be booked at her Woodford Halse clinic (**does have steps**) between 1st Jan & 20th December 2025.

ULTIMATE WELLBEING = A discounted investment of 10 x £40 = £400
(Book one clinic session 10 x over the 12 months from 1st Jan to end Dec 2025)
12 months @ £33.33 per month

PLUS ++ = A discounted investment of 6 x £45 = £270
(Book one clinic session every 2 months from 1st Jan to end Dec 2025)
12 months @ £22.50 per month

PLUS + = A discounted investment of 4 x £50 = £200
(Book one clinic session every 3 months from 1st Jan to end Dec 2025)
12 months @ £16.66 per month

Fees are in addition to one of the other plans above, Bronze, Silver, Gold or Platinum.
Usual clinic fees are Bowen 1 session £55 or 3 sessions £150. A one on one Melt/Melt & Bowen session is £75. These plans are ONLY available for Carole's members (OUR TRIBE) and in addition to one of the class monthly, 12 month plans above. Not available in conjunction with any other offer.
See <https://your-well-life.com/the-bowen-technique/> or <https://www.bowen-technique.co.uk>

LIMITED MEMBERSHIP PLACES AVAILABLE - MEMBERSHIP RESERVES YOUR PLACE WITHIN A SPECIFIC CLASS AND EASES BOTH BUDGETING OF YOUR INVESTMENT, AS WELL AS MY PLANNING & ADMIN. PLEASE PLAN AHEAD AND ENSURE YOU RESERVE YOUR PLACES WITHIN YOUR CHOSEN CLASSES.

Thank you for continuing to support my classes and business. I appreciate your help, so I can work to ensure the private classes are full and efficiently managed, enabling me to continue taking time out of clinic to offer our classes and time together, so I can support you properly.

OUR MEMBERSHIP CLASSES

- Classes are usually booked as part of an annual membership, reserving your place within the class and gaining access to my support throughout the year.
- Alternatively, if spaces remain available in your requested class, you can book blocks of 4, 5, 6 or 7 classes (usually 6). Class spaces are limited, and a waiting list will apply for block bookings within classes during 2026.

Other, private class bookings can be made in one of two ways:

1. MONTHLY PAYMENT PLAN:

- Contact Carole to request your place on a specific class/classes & membership (or request for block place*).
- Confirm your Payment Plan to reserve your place, your 2026 monthly fees and check details to arrange your monthly payment from January 2026.
- Payment date is requested to be made between the 1st and the 6th of each month, Jan - Dec 2026 (12 months).

2. *BOOK A ONE-OFF BLOCK - ONLY for remaining places available, after membership:

Contact Carole, requesting a place and making payment in full for the block by bank transfer, prior to a class block start date.

Class investment fees per block, based on:

- Zoom **£11** for each class, paid as a block of six classes at beginning of block.
- In Person **£13** for each class, paid as a block of six classes at beginning of block.
- **Drop in fees £15 - ONLY WHEN PLACES ARE AVAILABLE, PLEASE ALWAYS WHATSAPP CAROLE PRIOR TO ATTENDING.**

FURTHER INFO

Contact Carole directly via email carolejusticegray@me.com or

WhatsApp 07535 980007, text whenever possible, thank you. I am often in class/clinic so can rarely pick up phone calls. Or, see my website: <https://your-well-life.com>

TO SEE CAROLE'S TERMS AND CONDITIONS (AT END OF THIS PAPER DOCUMENT):

<https://www.dropbox.com/scl/fi/do102l1ej75uqxuvxsaw1/2026CLASS-PLAN-DATES-PAYMENT.2026.v2.26.10.2025.pdf?rlkey=2prv28skz22r60p9xngxhchuj&st=fu93o1np&dl=0>

CHI KUNG & MELT METHOD CLASS & WORKSHOP POLICIES

By signing the enrolment form/paying 1st monthly payment, you irrevocably agree that, if Carole Justice Gray (the "Company") approves your application and accepts you as a class participant, then this Participant Agreement (the "Agreement") automatically becomes a binding contract between you and the Company and applies to your participation in the Programme. By signing below, you are acknowledging you have read, agree to and accept all of the terms and conditions contained in this Agreement.

1. Scope of Participation

1.1 All services purchased from the Company must be preceded by the applicant declaring any physical and/or medical limitations, which may affect their ability to participate.

1.2 The Participant assumes responsibility of checking with their medical practitioner, physiotherapist, or other health care professional for medical readiness prior to participating.

1.3 The Company is dedicated to providing a Programme which is personalised to the participants as much as is possible within the chosen Programme. Whilst every effort is made to keep the Programme both safe and effective there is a risk of injury or death with every physical activity. The participant acknowledges that they are taking part of their own free will and are aware of the risks stated. The Participant agrees that neither they, their heirs, assigns nor legal representatives will sue or make any other claims of any kind whatsoever against the Company whether for personal injury, property damage/loss or wrongful death, whether caused by negligence or otherwise.

1.4 We reserve the right to refuse access to any Programme participant, if in our absolute discretion, we consider that the health of the individual concerned may be endangered.

1.5 The Participant agrees that the Programme is non-transferable and is only for use by the Customer who has signed up to the Programme.

1.6 We are committed to providing all Programme participants with a positive experience. By signing overleaf, you agree that the Company may, at its sole discretion, terminate this Agreement, and limit, suspend, or terminate your participation in the Programme without refund or forgiveness of monthly payments if you become aggressive, disruptive or difficult to work with.

2. Time:

2.1 Please arrive at least 5 minutes prior to the start of your class in order to sign in, if relevant settle accounts and change, if necessary.

3. Hours and Weeks of Programme

3.1 Because we believe in having balance in our lives, and recommend the same to our clients, the Company operates for between 36 - 40 weeks of the 52 weeks of the year and sessions will be arranged accordingly. These weeks start afresh as of the 1st January each year.

3.2 Participants are asked to arrive timely for sessions. You agree to arrive at least 5 minutes before your scheduled session time to ensure a smooth change over and/or you are ready to begin on time.

3.3 Please note dates are planned annually in advance but may be subject to slight change due to emergency, illness and Carole's own CPD dates, she cannot plan for in advance (which ensures Carole's continued professional standards and quality of classes provided).

4. CORONAVIRUS

A Coronavirus Risk Assessment is available. By signing up for and attending any in person class plan you agree to adhere to any specific required current coronavirus precautions at all times when attending the classes.

5. For your comfort and housekeeping

5.1 Please provide an accurate physical / medical history in your chart.

5.2 Chi Kung and MELT Method may offer a "hands on" approach. If uncomfortable for you in any way, please inform us.

5.3 Please wear comfortable clothing that will enable your instructor to observe the functioning of your body and help you participate more fully in the classes.

5.4 Mobile conversations are not allowed in the class location. Please "silence" your phone. Your courtesy will be appreciated.

6. Payments / Cancellations / Refunds - when a private client, not via a charitable organisation.

6.1 Payment for classes must be made in advance, as part of monthly membership or prior to/at the start of a block of classes. Non-payment in any group of classes, without notice to end the programme of classes, will make the participant ineligible to attend further classes.

6.2 Payment can be made in full by Standing Order/Bank transfer, PayPal/Debit/Credit Card with prior agreement before a block start.

6.3 NOTICE PERIOD: Please give us as much notice as possible if, for whatever reason, your regular time at the class sessions has to come to a permanent conclusion.

6.4 Please note you are booking and reserving one of the limited places within the membership and/or a specific class block, which ensures your place will not be offered to another. Cancellations must be made by text message or email directly to Carole.

Refunds are payable in the following circumstances: -

- We are notified of your circumstances before the commencement of the Membership Plan/Block of classes.
- An undeniably unavoidable circumstance prevents you from taking part in or completing your programme (determined on a case by case basis by the Company). Written evidence to support this may be requested.

Refunds are not payable in the following circumstances: -

- Refunds are not payable for sessions which have taken place.
- You don't complete your programme.
- You have agreed to (and booked) a membership plan/block of classes which offer a number of consecutive classes and are not at the agreed location to receive the session(s) at the appointed time.
- If a session needs to be cancelled by the Company due to severe external conditions. An alternative class will be offered, or an additional class will be added to your next monthly payment/block of classes. Refunds may be offered at the discretion of the company.

7. Personal Property

7.1 Personal property brought to sessions are done so at the participants own risk and the Company does not accept liability for any loss or damage whatsoever to such items. For security reasons participants are advised to leave valuable items at home, and to keep personal belongings with them at all times.

8. Changes to Programme

8.1 Because we believe in constant improvement, you agree that the form and nature of the Programme may change from time to time without prior notice to you.

9. Media and technology

9.1 Clients recognise that technology is a powerful tool within marketing and the value of sharing positive changes/results with members of the public. Therefore, clients give permission by way of completing the enrolment form and any testimonial document provided, confirming their personal permission for photography and social media communication on Facebook/website/Instagram and other marketing sources for the Company, Carole Justice Gray (Your well life) and her partner organisations only.

9.2 Clients understand that any comment they say/write/film can be used as a testimonial to promote the Company, if agreed within the ***image consent statement on at the end of the enrolment form.***

10. Privacy

We respect your privacy and must insist that you respect the privacy of fellow class participants. By signing the enrolment form, you agree not to violate the publicity or privacy rights of any participant.

10.1 not to infringe any participant's or the Company's copyright,

10.2 that any Confidential Information shared by participants or any representative of the Company is confidential and proprietary, and belongs solely and exclusively to the participant who discloses it or the Company,

10.3 you agree not to disclose such information to any other person or use it in any manner other than in discussion with other participants during sessions.

By signing this Agreement, you further agree that

10.4 all materials and information provided to you (for example exercise plans) by the Company are its confidential and proprietary intellectual property, belonging solely and exclusively to either the Company or shared by kind permission by Melt Method, Longevity Fitness and may be used by you for your personal use only.

10.5 the reproduction, distribution and sale of these materials by anyone but the Company or Melt Method, Longevity Fitness, is strictly prohibited.

Further, by signing the enrolment form, you agree that, if you violate, or display any likelihood or violating, any of your agreements contained in these terms and conditions, the Company and/or other participant(s) will be entitled to injunctive relief to prohibit any such violations and to protect against the harm of such violations.

11. Communication

We value your feedback. Please feel free to email Carole with any concerns or comments to

carolejusticegray@me.com or WhatsApp 07535 980007

12. Conclusion

We have made every effort to accurately represent the classes, class plan and their potential. Each individual's results depend on many factors, including their individual considerations from the outset, his or her dedication, desire, motivation and external factors within lifestyle. By attending the classes, you are confirming your acceptance of these terms and conditions, acknowledging and agreeing to the above.