Sparrow Oast Price List 2026

Service	Cost – all inclusive of VAT
Livery	
Full livery	£204.00
Training livery by Nicola Bell	£420.00
Training livery by Sparrow Team	£360.00
Simulator	
Initial lesson Nicola Bell 1hr	£70.00
Follow up lesson Nicola Bell 45mins	£65.00
Chianna Keeler 45mins lesson	£50.00
Chianna Keeler 30mins lesson	£35.00
Combined Pilates + Simulator with Nicola Bell	
30mins Pilates + 30mins simulator	£70.00
60mins Pilates + 60mins simulator	£130.00
Nicola Bell	
Groundwork lesson	£65.00
Flatwork lesson	£65.00
Pilates lesson	£65.00
Chianna Keeler	
Flatwork lesson	£42.00
Groundwork lesson	£42.00