Abdul Kalam Pilates · Bengaluru

Terms of Sale

Last updated: 22 October 2026

1. Studio Identity & Enrollment Requirements

Abdul Kalam Pilates operates publicly as Pilates with Abdul.

Age

Sessions are available to adults aged 18 and older.

Medical Clearance

Written clearance from the healthcare professional responsible for your care is required before sessions begin where you are recovering from a recent injury or surgery, are pregnant or recently postpartum, have a diagnosed or ongoing medical condition that may affect physical activity, or have been advised to limit or avoid physical activity.

Pregnancy sessions are offered only to clients who were already practising with the studio before becoming pregnant and who provide written clearance from their physician or midwife.

Commitment to Practice

Pilates is cumulative. The package is structured around a minimum attendance of two sessions per week so that the work can develop consistently and all sessions can be completed within the validity period.

2. Safety & Medical Policy

Sessions are structured movement education. I am not a licensed healthcare provider and do not diagnose, treat, or rehabilitate medical conditions.

The following apply to all clients:

- You are responsible for disclosing relevant health information and updates before and during the teaching relationship.
- You are responsible for ensuring that participation remains consistent with current medical guidance.
- If pain, dizziness, unusual shortness of breath, faintness, or other significant symptoms occur during a session, activity will be stopped.

3. Outcomes & Results

Sessions are taught through observation, Pilates exercises, and gradual progression according to the client's current capacity.

No specific aesthetic, performance, posture, pain-related, medical, or weight-related outcome is promised or guaranteed.

Progress varies between individuals and depends on consistency, lifestyle factors, individual physiology, and circumstances beyond the instruction itself.

4. Package & Payment

The studio offers one package consisting of 20 paid sessions and 2 additional sessions. The additional sessions become available only after the 20 paid sessions have been completed.

The first package is paid in full before sessions begin. The initial movement assessment is the first of the 20 paid sessions within that package, not a separate trial. Sessions are not booked on a pay-per-lesson basis.

From the second package onward, payment may be made in two equal instalments: the first before the first session of the package and the second before the eleventh session. If an instalment is unpaid when due, sessions pause until it is settled. This option is available to all continuing clients on the same terms.

Prices are stated in Indian Rupees (INR), may be revised periodically, and are confirmed at enrolment. Current rates are published on the studio website.

Changes to Commercial Package Terms

The studio may revise commercial conditions for future packages, including package price, numbers of paid or additional sessions, validity, attendance frequency, and payment arrangements. The commercial conditions agreed at the time a package is purchased, including any agreed instalments, remain applicable to that package. Revisions are not applied retrospectively to an already purchased package.

Before a client purchases a subsequent package, the studio will make the applicable commercial conditions available so the client can decide whether to continue. There is no obligation to purchase another package. A new signature on the original intake document is not required solely because the conditions for a future package have changed; the conditions for each new purchase must still be communicated and agreed before purchase.

From time to time, the studio may send updated terms or links to the website through the service-related communication channels selected by the client. These notices are provided for information; receiving them does not by itself amend an active package or indicate acceptance of revised commercial conditions.

Changes to commercial package conditions do not diminish the studio's professional responsibilities, equipment-safety standards, consent requirements, or applicable legal obligations. These remain independent of the price and structure of a package.

5. Refund Policy

Eligibility & Deadline

Refunds apply only to unused paid sessions remaining within an active package. A refund request must be submitted before the package expiry date. Requests made after expiry are not considered.

Additional Sessions

The 2 additional sessions are not paid sessions and are not included in ordinary refund calculations where a package is closed before the 20 paid sessions have been completed.

If the 20 paid sessions have been completed and the studio is unable to provide any remaining earned additional sessions due to studio-side circumstances, the unused additional sessions may be refunded or credited at the client's preference. For this limited situation only, the value of each unused additional session is calculated as the full package amount paid divided by 22.

Administrative Fee & Calculation

A 2% administrative fee is deducted from an ordinary refund. For refund calculations, the value of each unused paid session is the amount actually paid for the package divided by 20. The refund is the value of the unused paid sessions minus the 2% administrative fee.

6. Non-Transferability

Sessions and packages are strictly non-transferable. They may be used only by the original purchaser and cannot be shared, gifted, or reassigned.

7. Session Validity

The package is valid for three months from the date of purchase, meaning the date on which the first payment for that package is received. The validity is structured around a minimum attendance of two sessions per week.

All 22 sessions - the 20 paid sessions and the 2 additional sessions - must be scheduled and completed within the three-month validity period. Sessions not completed before expiry are forfeited. Missed sessions, cancellations, travel, work commitments, illness, and other client-side circumstances do not extend the validity period.

8. Attendance & Scheduling

The studio does not operate a rolling cancellation window. Responsibility for scheduling and completing sessions within the validity period rests with the client.

A missed or cancelled session is not deducted from the package, but it is not automatically rescheduled and the package validity remains unchanged. Any replacement time must be arranged within the remaining availability and validity period.

Where missed or cancelled sessions become a repeated pattern, the studio may end the engagement. In this case, the value of unused paid sessions in the active package is refunded in full and the 2% administrative fee is waived.

Studio Cancellations & Instructor Availability

If the studio must reschedule a session, an alternative time will be offered at the earliest available opportunity.

This is a one-instructor studio. All sessions are taught by Abdul Kalam and are not transferred to a substitute teacher. If illness, emergency, travel, or another studio-side circumstance temporarily interrupts teaching, affected sessions will be rescheduled or the package validity adjusted where appropriate.

If circumstances prevent me from continuing to teach for an extended period or altogether, the active package will be closed and the unused paid balance refunded in full. The administrative fee is waived. If the 20 paid sessions have been completed and earned additional sessions remain unused, those sessions are handled under the Additional Sessions provision in Section 5.

If I am unable to communicate directly, an authorised representative may use the contact details on record only to communicate about closing active packages and processing applicable refunds. Such communication will come through the studio's official email address, abdul@pilateswithabdul.com.

Power Outages

The studio does not have power backup. During a power outage, the air conditioner and fans will not operate. A session will continue only if both the client and instructor are comfortable with the conditions.

If either person does not wish to proceed, the session will be treated as a studio-side cancellation. It will not be deducted from the package. An alternative time will be offered, or the package validity adjusted where necessary.

Arrival & Parking

The studio is on the second floor and access is by 45 steps. There is no lift. Clients should review the access and physical setup described in the Studio Policies and FAQ before purchasing a package.

Dedicated parking is not available. Clients are responsible for their own parking or transport arrangements. Street or public parking is used at the client's own discretion and responsibility. Arriving on time ensures the full session duration can be used.

9. Professional Conduct & Continuity of Learning

A respectful, safe, and workable teaching environment is required. The studio may end the teaching relationship, refund the unused paid balance, or decline future enrolment where there are reasonable grounds to do so. These may include threatening, abusive, discriminatory, sexual, or harassing conduct; repeated disregard of safety instructions; deliberate misuse of the apparatus; or conduct that prevents a session or the teaching relationship from continuing safely.

Packages are intended to support an active teaching relationship and are not designed to remain open indefinitely. Where prolonged work, travel, health, scheduling, or other circumstances make regular participation impractical, the studio may close the active package and refund the unused paid balance. A fresh consultation request may be submitted when regular participation becomes possible again.

Where the studio closes a package under this section, the 2% administrative fee is waived. This section does not alter the expiry rule for packages that have already expired.

For questions relating to these terms:
abdul@pilateswithabdul.com