

## Pilates Classes Online & in Hersham

New Year Term Starts 6<sup>th</sup> January 2025 and ends on 7<sup>th</sup> April 2025

| Day              | Class  | Time           | Venue  | No Class                  |
|------------------|--|----------------|--|---------------------------|
| <b>Monday</b>    | <b>Stretch &amp; Strength Pilates</b><br>Levels 1,2 & 3              | <b>9.30am</b>  | Online with Megan                                    | 17 <sup>th</sup> February |
|                  | <b>Stretch &amp; Strength Pilates</b><br>Levels 1,2 & 3              | <b>7.30pm</b>  | Online with Jo                                       | 6 <sup>th</sup> January   |
| <b>Tuesday</b>   | <b>Core &amp; More Functional Weighted Pilates</b><br>Levels 1,2 & 3 | <b>9.45am</b>  | St Peter's Church Hall,<br>Hersham<br>With Megan     | 18 <sup>th</sup> February |
|                  | <b>Beginners Pilates</b><br>Level 1                                  | <b>10.45am</b> | St Peter's Church Hall,<br>Hersham<br>With Megan     | 18 <sup>th</sup> February |
| <b>Wednesday</b> | <b>Stretch &amp; Strength Pilates</b><br>Levels 1,2 & 3              | <b>10am</b>    | Online with Jo                                       | 19 <sup>th</sup> February |
| <b>Thursday</b>  | <b>Stretch &amp; Strength Pilates</b><br>Levels 1,2 & 3              | <b>9.30am</b>  | All Saints Catholic Church,<br>Hersham<br>with Susie | 20 <sup>th</sup> February |
|                  | <b>Gentle Foundations Pilates</b><br>Levels 1 & 2                    | <b>10.30am</b> | All Saints Catholic Church,<br>Hersham<br>with Susie | 20 <sup>th</sup> February |
|                  | <b>Stretch &amp; Strength Pilates</b><br>Levels 1,2 & 3              | <b>8pm</b>     | All Saints Catholic Church,<br>Hersham<br>with Megan | 20 <sup>th</sup> February |
| <b>Friday</b>    | <b>Stretch &amp; Strength Pilates</b><br>Levels 1,2 & 3              | <b>9.30am</b>  | St Peter's Church Hall,<br>Hersham<br>with Virginie  | 21 <sup>st</sup> February |
|                  | <b>Core &amp; More Functional Weighted Pilates</b><br>Levels 1,2 & 3 | <b>9.30am</b>  | Online with Jo                                       | 21 <sup>st</sup> February |
|                  | <b>Gentle Foundations Pilates</b><br>Levels 1 & 2                    | <b>10.30am</b> | St Peter's Church Hall,<br>Hersham<br>with Virginie  | 21 <sup>st</sup> February |

All sessions last 55 minutes

*Book a trial class on our website NOW!*