

Pilates Classes Online & in Hersham

Spring Summer Term Starts 22nd April 2025 and ends on 21st July 2025

Day	Class	Time	Venue	No Class
Monday (28 th April-21 st July)	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	Online with Megan	5 th May & 26 th May
	Stretch & Strength Pilates Levels 1,2 & 3	7.30pm	Online with Jo	5 th May & 26 th May
Tuesday (22 nd April-15 th July)	Core & More Functional Weighted Pilates Levels 1,2 & 3	9.45am	All Saints Catholic Church, Hersham With Megan	27 th May
	Beginners Pilates Level 1	10.45am	All Saints Catholic Church, Hersham With Megan	27 th May
Wednesday (23 rd April-16 th July)	Stretch & Strength Pilates Levels 1,2 & 3	10am	Online with Jo	28 th May
Thursday (24 th April-17 th July)	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	All Saints Catholic Church, Hersham with Susie	29 th May
	Gentle Foundations Pilates Levels 1 & 2	10.30am	All Saints Catholic Church, Hersham with Susie	29 th May
	Stretch & Strength Pilates Levels 1,2 & 3	8pm	All Saints Catholic Church, Hersham with Megan	29 th May
Friday (25 th April-18 th July)	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	St Peter's Church Hall, Hersham with Virginie	30 th May
	Core & More Functional Weighted Pilates Levels 1,2 & 3	9.30am	Online with Jo	30 th May
	Gentle Foundations Pilates Levels 1 & 2	10.30am	St Peter's Church Hall, Hersham with Virginie	30 th May

All sessions last 55 minutes

Book a trial class on our website NOW!