



Pilates Classes Online & in Hersham

New Year Term Starts 6th January 2025 and ends on 7th April 2025

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

All sessions last 55 minutes

Book a trial class on our website NOW!