

Pilates Classes Online & in Hersham

Autumn/Winter Term Starts 4th September 2023 and ends on the 15th December 2023

Day	Class	Time	Venue	No Class
Monday	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	Online with Megan	No Class 23 October
	Stretch & Strength Pilates Levels 1,2 & 3	7.30pm	Online with Jo	No Class 23 October
Tuesday	<i>Croovelates</i> Levels 1,2 & 3	8pm	Online with Jo	No Class 24 October
Wednesday	Stretch & Strength Pilates Levels 1,2 & 3	10am	Online with Jo	No Class 25 October
Thursday	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	All Saints Catholic Church, Hersham with Susie	No Class 26 October
	Gentle Foundations Pilates Levels 1 & 2	10.30am	All Saints Catholic Church, Hersham with Susie	No Class 26 October
	Stretch & Strength Pilates Levels 1,2 & 3	8pm	All Saints Catholic Church, Hersham with Megan	No Class 26 October
Friday	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	St Peter's Church Hall, Hersham with Virginie	No Class 27 October
	<i>Croovelates</i> Levels 1,2 & 3	9.30am	Online with Jo	No Class 27 October
	Gentle Foundations Pilates Levels 1 & 2	10.30am	St Peter's Church Hall, Hersham with Virginie	No Class 27 October

All sessions last 55 minutes

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