

Pilates Classes Online & in Hersham

Autumn Term Starts 2nd September 2024 and ends on 20th December 2024

Day	Class	Time	Venue	No Class
Monday	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	Online with Megan	28 th Oct
	Stretch & Strength Pilates Levels 1,2 & 3	7.30pm	Online with Jo	28 th Oct
Tuesday	Core & More Functional Weighted Pilates Levels 1,2 & 3	9.45am	St Peter's Church Hall, Hersham With Megan	29 th Oct
	Beginners Pilates Level 1	10.45am	St Peter's Church Hall, Hersham With Megan	29 th Oct
Wednesday	Stretch & Strength Pilates Levels 1,2 & 3	10am	Online with Jo	30 th Oct
Thursday	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	All Saints Catholic Church, Hersham with Susie	31 st Oct
	Gentle Foundations Pilates Levels 1 & 2	10.30am	All Saints Catholic Church, Hersham with Susie	31 st Oct
	Stretch & Strength Pilates Levels 1,2 & 3	8pm	All Saints Catholic Church, Hersham with Megan	31 st Oct
Friday	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	St Peter's Church Hall, Hersham with Virginie	1 st Nov
	Core & More Functional Weighted Pilates Levels 1,2 & 3	9.30am	Online with Jo	1 st Nov
	Gentle Foundations Pilates Levels 1 & 2	10.30am	St Peter's Church Hall, Hersham with Virginie	1 st Nov

All sessions last 55 minutes

Tel: 07957 571 513

Jo@betterbodytraining.com

www.betterbodytraining.com