

Pilates Classes Online & in Hersham

New Year Term Starts 3rd January 2023 and ends on the 31st April 2023

Day	Class	Time	Venue	No Class
Monday	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	Online with Megan	13 February
	Stretch & Strength Pilates Levels 1,2 & 3	7.30pm	Online with Monika	13 February
Tuesday	<i>Groovelates</i> Levels 1,2 & 3	8pm	Online with Jo	14 February
Wednesday	Stretch & Strength Pilates Levels 1,2 & 3	10am	Online with Jo	15 February
Thursday	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	All Saints Catholic Church, Hersham with Susie	16 February
	Gentle Foundations Pilates Levels 1 & 2	10.30am	All Saints Catholic Church, Hersham with Susie	16 February
	Stretch & Strength Pilates Levels 1,2 & 3	8pm	All Saints Catholic Church, Hersham with Megan	16 February
Friday	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	St Peter's Church Hall, Hersham with Virginie	17 February
	<i>Groovelates</i> Levels 1,2 & 3	9.30am	Online with Jo	6 January
	Gentle Foundations Pilates Levels 1 & 2	10.30am	St Peter's Church Hall, Hersham with Virginie	17 February

All sessions last 55 minutes

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