

## Pilates Classes Online & in Hersham

### Autumn Term 2026

Day	Class	Time	Venue	No Class
<b>Monday</b> 7 <sup>th</sup> Sept-14 <sup>th</sup> December	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>7.30pm</b>	Online with Jo	26 <sup>th</sup> October
<b>Tuesday</b> 8 <sup>th</sup> Sept-15 <sup>th</sup> December	<b>Core &amp; More Functional Weighted Pilates</b> Levels 1,2 & 3	<b>9.45am</b>	All Saints Catholic Church, Hersham With Helen	27 <sup>th</sup> October
	<b>Beginners Pilates</b> Level 1	<b>10.45am</b>	All Saints Catholic Church, Hersham With Helen	27 <sup>th</sup> October
<b>Wednesday</b> 9 <sup>th</sup> Sept-16 <sup>th</sup> December	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>10am</b>	Online with Jo	28 <sup>th</sup> October
<b>Thursday</b> <i>Mornings</i> 3 <sup>rd</sup> Sept-17 <sup>th</sup> December  <i>Evenings</i> 10 <sup>th</sup> Sept-17 <sup>th</sup> December	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>9.30am</b>	All Saints Catholic Church, Hersham with Susie	29 <sup>th</sup> October
	<b>Therapy Pilates</b> Levels 1 & 2	<b>10.30am</b>	All Saints Catholic Church, Hersham with Susie	29 <sup>th</sup> October
	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>8pm</b>	All Saints Catholic Church, Hersham with Lisa	29 <sup>th</sup> October
<b>Friday</b> 11 <sup>th</sup> Sept-18 <sup>th</sup> December	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>9.30am</b>	St Peter's Church Hall, Hersham with Virginie	30 <sup>th</sup> October
	<b>Gentle Foundations Pilates</b> Levels 1 & 2	<b>10.30am</b>	St Peter's Church Hall, Hersham with Virginie	30 <sup>th</sup> October

All sessions last 55 minutes

*Book a trial class on our website NOW!*

*Class enquiries can be sent to:  
vikki@betterbodytraining.com*