

Pilates Classes Online & in Hersham

New Year Term Starts 6th January 2026 and ends on 27th March 2026

Day	Class	Time	Venue	No Class
Monday 12 th Jan-23 rd March	Stretch & Strength Pilates Levels 1,2 & 3	7.30pm	Online with Jo	Runs all the way through
Tuesday 6 th Jan-24 th March	Core & More Functional Weighted Pilates Levels 1,2 & 3	9.45am	All Saints Catholic Church, Hersham With Megan	17 th February
	Beginners Pilates Level 1	10.45am	All Saints Catholic Church, Hersham With Megan	17 th February
Wednesday 7 th Jan-25 th March	Stretch & Strength Pilates Levels 1,2 & 3	10am	Online with Jo	18 th February
Thursday 8 th Jan-26 th March	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	All Saints Catholic Church, Hersham with Susie	19 th February
	Therapy Pilates Levels 1 & 2	10.30am	All Saints Catholic Church, Hersham with Susie	19 th February
	Stretch & Strength Pilates Levels 1,2 & 3	8pm	All Saints Catholic Church, Hersham with Lisa	19 th February
Friday 9 th Jan-27 th March	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	St Peter's Church Hall, Hersham with Virginie	20 st February
	Gentle Foundations Pilates Levels 1 & 2	10.30am	St Peter's Church Hall, Hersham with Virginie	20 st February

All sessions last 55 minutes

Book a trial class on our website NOW!

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