

## Pilates Classes Online & in Hersham

Spring/Summer Term Starts 15<sup>th</sup> April 2024 and ends on the 23<sup>rd</sup> July 2024

Day	Class	Time	Venue	No Class
<b>Monday</b>	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>9.30am</b>	Online with Megan	6 May
	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>7.30pm</b>	Online with Jo	6 May
<b>Tuesday</b>	<i><b>Groovelates</b></i> Levels 1,2 & 3	<b>8pm</b>	Online with Jo	28 May
<b>Wednesday</b>	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>10am</b>	Online with Jo	29 May
<b>Thursday</b>	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>9.30am</b>	All Saints Catholic Church, Hersham with Susie	2 May 30 May <b>Extra class 11 April</b>
	<b>Gentle Foundations Pilates</b> Levels 1 & 2	<b>10.30am</b>	All Saints Catholic Church, Hersham with Susie	2 May 30 May <b>Extra class 11 April</b>
	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>8pm</b>	All Saints Catholic Church, Hersham with Megan	2 May 30 May <b>Extra class 11 April</b>
<b>Friday</b>	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>9.30am</b>	St Peter's Church Hall, Hersham with Virginie	31 May <b>Extra class 12 April</b>
	<i><b>Groovelates</b></i> Levels 1,2 & 3	<b>9.30am</b>	Online with Jo	31 May <b>Extra class 05 April</b>
	<b>Gentle Foundations Pilates</b> Levels 1 & 2	<b>10.30am</b>	St Peter's Church Hall, Hersham with Virginie	31 May <b>Extra class 12 April</b>

All sessions last 55 minutes

Tel: 07957 571 513

[Info@betterbodypilates.co.uk](mailto:Info@betterbodypilates.co.uk)

[www.betterbodytraining.com](http://www.betterbodytraining.com)