

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
	Small Group Boutique Pilates (6 members only)	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