

Pilates Classes Online & in Hersham

New Year Term Starts 4th January 2024 and ends on the 28th March 2024

| Day | Class | Time | Venue | No Class |
|------------------|---|----------------|--|-------------|
| Monday | Stretch & Strength Pilates Levels 1,2 & 3 | 9.30am | Online with Megan | 12 February |
| | Stretch & Strength Pilates Levels 1,2 & 3 | 7.30pm | Online with Jo | 12 February |
| Tuesday | <i>Groovelates</i> Levels 1,2 & 3 | 8pm | Online with Jo | 13 February |
| Wednesday | Stretch & Strength Pilates Levels 1,2 & 3 | 10am | Online with Jo | 14 February |
| Thursday | Stretch & Strength Pilates Levels 1,2 & 3 | 9.30am | All Saints Catholic Church, Hersham with Susie | 15 February |
| | Gentle Foundations Pilates Levels 1 & 2 | 10.30am | All Saints Catholic Church, Hersham with Susie | 15 February |
| | Stretch & Strength Pilates Levels 1,2 & 3 | 8pm | All Saints Catholic Church, Hersham with Megan | 15 February |
| Friday | Stretch & Strength Pilates Levels 1,2 & 3 | 9.30am | St Peter's Church Hall, Hersham with Virginie | 16 February |
| | <i>Groovelates</i> Levels 1,2 & 3 | 9.30am | Online with Jo | 16 February |
| | Gentle Foundations Pilates Levels 1 & 2 | 10.30am | St Peter's Church Hall, Hersham with Virginie | 16 February |

All sessions last 55 minutes

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