

## Pilates Classes Online & in Hersham

Term Starts Week Commencing 5 September and ends on the 17 December 2022

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	Oct 24
	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>7.30pm</b>	Online with Susie	Oct 24
<b>Tuesday</b>	<b><i>Groovelates</i></b> Levels 1,2 & 3	<b>8pm</b>	Online with Jo	Oct 25
<b>Wednesday</b>	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>10am</b>	Online with Jo	Oct 26
	<b>Back Care Pilates &amp; Pregnancy Pilates</b>	<b>7.30pm</b>	Online with Susie	Oct 26
<b>Thursday</b>	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>9.30am</b>	All Saints Catholic Church, Hersham with Susie	Oct 27
	<b>Gentle Foundations Pilates</b> Levels 1 & 2	<b>10.30am</b>	All Saints Catholic Church, Hersham with Susie	Oct 27
	<b>Joint Care Pilates</b> Levels 1 & 2	<b>7pm</b>	All Saints Catholic Church, Hersham with Megan	Oct 27
	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>8pm</b>	All Saints Catholic Church, Hersham with Megan	Oct 27
<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	Oct 28
	<b><i>Groovelates</i></b> Levels 1,2 & 3	<b>9.30am</b>	Online with Jo	Oct 28
	<b>Gentle Foundations Pilates</b> Levels 1 & 2	<b>10.30am</b>	St Peter's Church Hall, Hersham with Virginie	Oct 28

All sessions last 55 minutes

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