



Pilates Classes Online & in Hersham

Autumn Term 2026

Day	Class	Time	Venue	No Class
Monday 7 th Sept-14 th December	Stretch & Strength Pilates Levels 1,2 & 3	7.30pm	Online with Jo	26 th October
Tuesday 8 th Sept-15 th December	Core & More Pilates with Weights Levels 1,2 & 3	9.45am	All Saints Catholic Church, Hersham With Susie	27 th October
	Beginners Pilates Level 1	10.45am	All Saints Catholic Church, Hersham With Susie	27 th October
Wednesday 9 th Sept-16 th December	Stretch & Strength Pilates Levels 1,2 & 3	10am	Online with Jo	28 th October
Thursday <i>Mornings</i> 3 rd Sept-17 th December <i>Evenings</i> 10 th Sept-17 th December	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	All Saints Catholic Church, Hersham with Susie	29 th October
	Therapy Pilates Levels 1 & 2	10.30am	All Saints Catholic Church, Hersham with Susie	29 th October
	Stretch & Strength Pilates Levels 1,2 & 3	8pm	All Saints Catholic Church, Hersham with Lisa	29 th October
Friday 11 th Sept-18 th December	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	St Peter's Church Hall, Hersham with Virginie	30 th October
	Gentle Foundations Pilates Levels 1 & 2	10.30am	St Peter's Church Hall, Hersham with Virginie	30 th October

All sessions last 55 minutes

Book a trial class on our website NOW!

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