

Pilates Classes Online & in Hersham

Summer Term 2026

Day	Class	Time	Venue	No Class
Monday 13 th April-13 th July	Stretch & Strength Pilates Levels 1,2 & 3	7.30pm	Online with Jo	11 th May
Tuesday 14 th April-14 th July	Core & More Functional Weighted Pilates Levels 1,2 & 3	9.45am	All Saints Catholic Church, Hersham With Megan	26 th May
	Beginners Pilates Level 1	10.45am	All Saints Catholic Church, Hersham With Megan	26 th May
Wednesday 15 th April-15 th July	Stretch & Strength Pilates Levels 1,2 & 3	10am	Online with Jo	13 th May
Thursday 16 th April-23 rd July	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	All Saints Catholic Church, Hersham with Susie	7 th May (elections) 28 th May
	Therapy Pilates Levels 1 & 2	10.30am	All Saints Catholic Church, Hersham with Susie	7 th May (elections) 28 th May
	Stretch & Strength Pilates Levels 1,2 & 3	8pm	All Saints Catholic Church, Hersham with Lisa	7 th May (elections) 28 th May
Friday 17 th April-17 th July	Stretch & Strength Pilates Levels 1,2 & 3	9.30am	St Peter's Church Hall, Hersham with Virginie	29 th May
	Gentle Foundations Pilates Levels 1 & 2	10.30am	St Peter's Church Hall, Hersham with Virginie	29 th May

All sessions last 55 minutes

Book a trial class on our website NOW!

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