

## Pilates Classes Online & in Hersham

New Year Term Starts 3<sup>rd</sup> January 2023 and ends on the 31<sup>st</sup> March 2023

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	13 February
	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>7.30pm</b>	Online with Jo	13 February
<b>Tuesday</b>	<i><b>Groovelates</b></i> Levels 1,2 & 3	<b>8pm</b>	Online with Jo	14 February
<b>Wednesday</b>	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>10am</b>	Online with Jo	15 February
<b>Thursday</b>	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>9.30am</b>	All Saints Catholic Church, Hersham with Susie	16 February
	<b>Gentle Foundations Pilates</b> Levels 1 & 2	<b>10.30am</b>	All Saints Catholic Church, Hersham with Susie	16 February
	<b>Stretch &amp; Strength Pilates</b> Levels 1,2 & 3	<b>8pm</b>	All Saints Catholic Church, Hersham with Megan	16 February
<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	17 February
	<i><b>Groovelates</b></i> Levels 1,2 & 3	<b>9.30am</b>	Online with Jo	6 January
	<b>Gentle Foundations Pilates</b> Levels 1 & 2	<b>10.30am</b>	St Peter's Church Hall, Hersham with Virginie	17 February

All sessions last 55 minutes

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