

New November/December 2024 Live-Stream Block

Our new 6 week block of Pilates classes starts w/c 4th November 2024.

We have some new classes including Dynamic Flow on Wednesday evenings!

You can book by calling us on 0207 636 8900 (9am – 4.30pm) Monday – Friday

Booking is currently for the block only – You are booking into the same class for 6 weeks.

We can take one-off bookings from Friday 2/11/24.

NOVEMBER/DECEMBER 2024 LIVE-STREAM CLASSES VIA ZOOM
Mondays 4/11, 11/11, 18/11, 25/11, 2/12, 9/12
8am -9am Wake up with Melanie (all levels)
9am -10am Student class with Kate
11am - 12pm Intermediate Mat with Charlie
12.30pm - 1.30pm Beginner/Intermediate Mat with Kate
1pm - 2pm Student Class with Charlie
6pm-7pm Beginner/Intermediate Mat with Penny
New! 6.30pm - 7.30pm Student class with Kathy King
Tuesdays 5/11, 12/11, 19/11, 26/11, 3/12, 10/12
11am - 12pm Student Class with Kate
1pm - 2pm Intermediate Mat with Brenda
6pm - 7pm Intermediate Mat with Danai
7pm-8pm Stretch Pilates with Danai
Wednesdays 6/11, 13/11, 20/11, 27/11, 4/12, 11/12
8am -9am Wake up with Kevin all levels
8am - 9am Student Class with Paul
8.30am - 9.30am Intermediate Reformer with Jacquie Fully Booked
6.30pm -7.30pm Healthy Back & Bones with Chloe
New! 6.30pm -7.30pm Dynamic Flow Pilates with Danai
7pm -8pm Student Class with Kathy King
Thursdays 7/11, 14/11, 21/11, 28/11, 5/12, 12/12
New! 8.30am - 9.30am Wake Up with Hernan
6pm-7pm Intermediate/Advanced Mat with Jo
7pm-8pm Intermediate Mat with Jo
Fridays 8/11, 15/11, 22/11, 29/11, 6/12, 13/12
8am -9am Wake up with Melanie (all levels)
9am - 10am Student Class with Charlie
Saturdays 9/11, 16/11, 23/11, 30/11, 7/12, 14/12
8.30am - 9.30am Wake Up with Charlie

Class Prices for the 6 week block

Mat Classes £66

Healthy Back & Bones Class £66

Reformer Classes £96

Student Mat Classes £48