

New April/May 2025 Live-Stream Block

Our new 5-week block of Pilates classes starts from Tuesday 22nd April until Saturday 24th May 2025. Due to the Bank Holidays our Monday classes are running for just 3 weeks.

All classes are taught by our London Centre tutors and teachers and are live via Zoom.

APRIL/MAY 2025 LIVE-STREAM CLASSES VIA ZOOM (5 weeks)
Mondays 28/4, 12/5, 19/5 – 3 Weeks due to bank holidays
New! 8am -9am Wake up with Danai
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
New! 6.30pm - 7.30pm Student Class with Rhona
Tuesdays 22/4, 29/4, 6/5, 13/5, 20/5
11am - 12pm Student Class with Kate
1pm - 2pm Intermediate Mat with Brenda
3pm - 4pm Intermediate Reformer with Rhona
6pm - 7pm Intermediate Mat with Danai
7pm-8pm Stretch Pilates with Danai
Wednesdays 23/4, 30/4, 7/5, 14/5, 21/5
8am -9am Wake up with Kevin all levels
8am - 9am Student Class with Paul
8.30am - 9.30am Intermediate Reformer with Jacquie - 4 weeks starts 30/4 £72
6.30pm -7.30pm Healthy Back & Bones with Chloe
New! 7pm -8pm Student Class with Rhona
Thursdays 24/4, 1/5, 8/5, 15/5, 22/5
6pm-7pm Intermediate/Advanced Mat with Jo
7pm-8pm Intermediate Mat with Jo
Fridays 25/4, 2/5, 9/5, 16/5, 23/5
8am -9am Wake up with Melanie (all levels)
9am - 10am Student Class with Charlie
New! 10am - 11am Foam Roller class with Jazzi (all levels)
Saturdays 26/4, 3/5, 10/5, 17/5, 24/5
8.30am - 9.30am Wake Up! with Charlie

Prices for the 5-week block

Mat Classes £55

Healthy Back & Bones Class £55

Foam Roller Class £55

Reformer Classes £90.00

Student Classes £40.00

Prices for the Monday 3-week block

Mat Classes £33.00

Student Classes £24.00