

## New June/July 2025 Live-Stream Block

Our new 6-week block of Pilates classes starts 2<sup>nd</sup> June until 12<sup>th</sup> July 2025.

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

You are booking into the same class for 6 weeks.

We do help with make-up classes see terms at [Click Here](#)

<b>JUNE/JULY 2025 LIVE-STREAM CLASSES VIA ZOOM (6 weeks)</b>	
<b>Mondays 2/6, 9/6, 16/6, 23/6, 30/6, 7/7</b>	
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
6.30pm - 7.30pm	Student Class with Rhona
<b>Tuesdays 3/6, 10/6, 17/6, 24/6, 1/7, 8/7</b>	
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
<b>Wednesdays 4/6, 11/6, 18/6, 25/6, 2/7, 9/7</b>	
<b>New!</b> 8am -9am	Wake up with Melanie
8.30am - 9.30am	Intermediate Reformer with Jacquie
<b>New!</b> 6.30pm -7.30pm	Intermediate Mat with Gemma
7pm -8pm	Student Class with Rhona
<b>Thursdays 5/6, 12/6, 19/6, 26/6, 3/7, 10/7</b>	
<b>New!</b> 6pm-7pm	Beginner/ Intermediate Mat with Kathy starts 19/6 4 weeks
<b>New!</b> 7pm-8pm	Intermediate Mat with Kathy starts 19/6 4 weeks
<b>Fridays 6/6, 13/6, 20/6, 27/6, 4/7, 11/7</b>	
8am -9am	Wake up with Melanie (all levels)
9am - 10am	Student Class with Charlie
<b>New!</b> 10am - 11am	Foam Roller with Jazzi ( all levels)
<b>Saturdays 7/6, 14/6, 21/6, 28/6, 5/7, 12/7</b>	
8.30am - 9.30am	Wake Up! with Charlie