

## New September/October 2025 Live-Stream Block

Our new 6-week block of Pilates classes starts from 8<sup>th</sup> September until 18<sup>th</sup> October 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 six weeks.  
Booking is for the block only.

| SEPTEMBER/OCTOBER 2025 ZOOM CLASSES                          |
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| <b>Mondays 8/9, 15/9, 22/9, 29/9, 6/10, 13/10</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 9/9, 16/9, 23/9, 30/9, 7/10, 14/10</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 10/9, 17/9, 24/9, 1/10, 8/10, 15/10</b>        |
| 8am -9am Wake up with Kevin                                  |
| 8am - 9am Student class with Paul                            |
| 8.30am - 9.30am Intermediate Reformer with Jacquie           |
| 6.30pm -7.30pm Intermediate Mat with Gemma                   |
| <b>Fridays 12/9, 19/9, 26/9, 3/10, 10/10, 17/10</b>          |
| 8am -9am Wake up with Melanie (all levels)                   |
| 9am - 10am Student Class with Charlie                        |
| <b>New!</b> 10am - 11am Intermediate/Advanced Mat with Jazzi |
| <b>Saturdays 13/9, 20/9, 27/9, 4/10, 11/10, 18/10</b>        |
| 8.30am - 9.30am Wake Up! with Charlie                        |

## Class Prices for the 6-week block

|                     |      |
|---------------------|------|
| Mat Classes         | £66  |
| Foam Roller class   | £66  |
| Reformer Classes    | £108 |
| Student Mat Classes | £48  |