

New November /December 2025 Live-Stream Block

Our new 6-week block of Pilates classes starts from Monday 3rd November and runs until Saturday 13th December 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.

NOVEMBER/DECEMBER 2025 ZOOM CLASSES
Mondays 3/11, 10/11, 17/11, 24/11, 1/12, 8/12
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 Kathy
Tuesdays 4/11, 11/11, 18/11, 25/11, 2/12, 9/12
NEW! 8am -9am Wake up with Gemma
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 5/11, 12/11, 19/11, 26/11, 3/12, 10/12
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
NEW! 6.30pm - 7.30pm Healthy Back & Bones with Chloe
Thursdays 6/11, 13/11, 20/11, 27/11, 4/12, 11/12
NEW! 8.30am -9.30am Wake up with Charlie
NEW! 6.30pm - 7.30pm Student Class with Kathy
Fridays 7/11, 14/11, 21/11, 28/11, 5/12, 12/12
8am -9am Wake up with Melanie (all levels)
9am - 10am Student Class with Charlie
10am - 11am Intermediate/Advanced Mat with Jazzi
Saturdays 8/11, 15/11, 22/11, 29/11, 6/12, 13/12
NEW! 8.30am - 9.30am Wake Up! with Kathy

Class Prices for the 6-week block

Mat Classes	£66
Healthy Back & Bones class	£66
Reformer Classes	£108
Student Mat Classes	£48
Mat Class Pass	£55