New January/February 2026 Live-Stream Block

Our new 5-week block of Pilates classes starts from Monday 12th January until Saturday 14th February 2026.

All classes are taught by our Body Control Pilates Centre tutors and teachers and are live via Zoom. You are booking into the same class for five weeks.

You can book the block via **Click Here**

We do help with make-up classes.
All bookings before w/c 5th January 2026 must be for the full block.

JANUARY/FEBRUARY 2026 ZOOM CLASSES - 5 WEEKS
Mondays 12/1, 19/1, 26/1, 2/2, 9/2
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
Tuesdays 13/1, 20/1, 27/1, 3/2, 10/2
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 14/1, 21/1, 28/1, 4/2, 11/2
8am -9am Wake up with Kevin
8am - 9am Student class with Paul
8.30am - 9.30am Intermediate Reformer with Jacquie
NEW! 5pm - 6pm Student Class with Danai
NEW! 6pm -7pm Intermediate Mat with Hayley
6.30pm - 7.30pm Healthy Back & Bones with Chloe
Thursdays 15/1, 22/1, 29/1, 5/2, 12/2
8.30am -9.30am Wake up with Charlie
NEW! 12pm - 1pm Student Class with Charlie
Fridays 16/1, 23/1, 30/1, 6/2, 13/2
8am -9am Wake up with Melanie (all levels)
9am - 10am Student Class with Charlie
10am - 11am Intermediate/Advanced Mat with Jazzi
NEW! 1pm - 2pm Student Class with Jazzi
Saturdays 17/1, 24/1, 31/1, 7/2, 14/2
NEW! 8.30am - 9.30am Wake Up! with Danai

Class Prices for the 5-week block

Mat Classes	£55
Healthy Back class	£55
Healthy Bones class	£55
Reformer Classes	£90
Student Classes	£45
Mat Class Pass	£55