

New February/March 2026 Live-Stream Block

Our new 5-week block of Pilates classes starts on Monday 23rd February and runs until Friday 27th March 2026.

Booking is currently for the block only until 25th February, when you can then book one-off classes!

FEBRUARY/MARCH 2026 ZOOM CLASSES - 5 WEEKS
Mondays 23/2, 2/3, 9/3, 16/3, 23/3
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! 6pm - 7pm Student Class with Rhona
NEW! 6.30pm- 7.30pm Intermediate Mat with Mimo
Tuesdays 24/2, 3/3, 10/3, 17/3, 24/3
11am - 12pm Student Class with Kate
1pm - 2pm Intermediate Mat with Brenda
NEW! 3pm - 4pm Intermediate Reformer with Rhona
6pm - 7pm Intermediate Mat with Danai
7pm-8pm Stretch Pilates with Danai
Wednesdays 25/2, 4/3, 11/3, 18/3, 25/3
8am -9am Wake up with Kevin
8am - 9am Student class with Paul
8.30am - 9.30am Intermediate Reformer with Jacquie
NEW! 11am - 12pm Mat class with Danai - all levels
NEW! 6pm -7pm Intermediate Mat with Rhona
6.30pm - 7.30pm Healthy Back & Bones with Chloe
Thursdays 26/2, 5/3, 12/3, 19/3, 26/3
8.30am -9.30am Wake up with Charlie
12pm - 1pm Student Class with Charlie
NEW! 6.30pm - 7.30pm Beginner/Intermediate Mat with Mimo
Fridays 27/2, 6/3, 13/3, 20/3, 27/3
8am -9am Wake up with Melanie (all levels)
9am - 10am Student Class with Charlie
10am - 11am Intermediate/Advanced Mat with Jazzi
1pm - 2pm Student Class with Jazzi

Class Prices for the 5-week block

Mat Classes	£55
Healthy Back & Bones	£55
Reformer Classes	£90
Student Classes	£45