

New April/May 2026 Live-Stream Block

Our new 6-week block of Pilates classes starts from Saturday 11th April until Friday 16th May 2026.

You are booking into the same class for 6 weeks.

Booking is currently for the block only> From 8th April 2026 you can book one-off classes

April/May 2026 Zoom Classes - 6 week block
Mondays 13/4, 20/4, 27/4, 11/5, 18/5 (5 weeks no class 4/5)
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
6pm - 7pm Student Class with Rhona
6.30pm- 7.30pm Intermediate Mat with Mimo
Tuesdays 14/4, 21/4, 28/4, 5/5, 12/5, 19/5
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 15/4, 22/4, 29/4, 6/5, 13/5, 20/5
8am -9am Wake up with Kevin
8am - 9am Student class with Paul
8.30am - 9.30am Intermediate Reformer with Jacquie
6pm -7pm Intermediate Mat with Rhona
Thursdays 16/4, 23/4, 30/4, 7/5, 14/5, 21/5
8.30am -9.30am Wake up with Charlie
12pm - 1pm Student Class with Charlie
6.30pm - 7.30pm Beginner/Intermediate Mat with Mimo
Fridays 17/4, 24/4, 1/5, 8/5, 15/5, 22/5
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
Saturdays 11/4, 18/4, 25/4, 2/5, 9/5, 16/5
8.30am -9.30 am Wake up with Danai (all levels)

Class Prices for the 6 week Live-Stream block

Mat Classes £66

Reformer Classes £108

Student Classes £54

Mat Class Pass £55

Monday Class Prices for 5 week Live-Stream block (no class on Bank Holiday 4th May)

Mat Classes £55

Student Classes £45