

September/October 2026 Livestream Block

Our new 6-week block of Pilates classes starts 7th September and runs until 17th October 2026.
Booking is currently for the block only,

SEPTEMBER /OCTOBER 2026 LIVESTREAM CLASSES 6 WEEK BLOCK	
SEPTEMBER/OCTOBER MAT CLASS PASS £65	
Mondays 7/9, 14/9, 21/9, 28/9, 5/10, 12/10	
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
Tuesdays 8/9, 15/9, 22/9, 29/9, 6/10, 13/10	
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 9/9, 16/9, 23/9, 30/9, 7/10, 14/10	
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
7pm - 8pm	Student class with Chloe
Thursdays 10/9, 17/9, 24/9, 1/10, 8/10, 15/10	
8.30am -9.30am	Wake up with Charlie
12pm - 1pm	Student Class with Charlie
6.30pm - 7.30pm	Intermediate/Advanced Mat with Mimo
Fridays 11/9, 18/9, 25/9, 2/10, 9/10, 16/10	
8am -9am	Wake up with Charlie (all levels)
9am - 10am	Student Class with Charlie
Saturdays 12/9, 19/9, 26/9, 3/10, 10/10, 17/10	
NEW! 8.30am -9.30am	Wake up with Gemma

Class Prices for the 6-week block:

Mat Classes	£72
Reformer Classes	£108
Student Mat Classes	£60 (Body Control Pilates matwork students only)