

New June/July 2026 Live-Stream Block

Our new 6 week block of Pilates classes starts from Monday 1st June 2026

JUNE/JULY 2026 LIVE-STREAM CLASSES 6 WEEK BLOCK
Mondays 1/6, 8/6, 15/6, 22/6, 29/6, 6/7
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
NEW! 6.30pm- 7.30pm Intermediate Mat with Mimo
Tuesdays 2/6, 9/6, 16/6, 23/6, 30/6, 7/7
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 3/6, 10/6, 17/6, 24/6, 1/7, 8/7
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
NEW! 7pm - 8pm Student class with Chloe
Thursdays 4/6, 11/6, 18/6, 25/6, 2/7, 9/7
8.30am -9.30am Wake up with Charlie
12pm - 1pm Student Class with Charlie
NEW! 6.30pm - 7.30pm Intermediate/Advanced Mat with Mimo
NEW! 7pm - 8pm Student class with Kathy (5 weeks start 11/6 £45)
Fridays 5/6, 12/6, 19/6, 26/6, 3/7, 10/7
NEW! 8am -9am Wake up with Charlie (all levels)
9am - 10am Student Class with Charlie
Saturdays 13/6, 20/6, 27/6, 4/7, 11/7
NEW! 8am -9am Wake up with Kathy (5 weeks £55)
NEW! 9am - 10am Student class with Kathy (5 weeks £45)
Sundays 7/6, 14/6, 21/6, 28/6, 5/7, 12/7
NEW! 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 £60

Student Classes £45