New November/December 2026 Live-Stream Block

Our new 6-week block of Pilates classes starts on 2nd November and runs until 12th December 2026.
All classes are taught by our London Centre tutors and teachers and are live via Zoom.
You are booking into the same class for six weeks.

NOVEMBER/DECEMBER 2026 LIVE-STREAM CLASSES 6 WEEK BLOCK
NOVEMBER/DECEMBER MAT CLASS PASS £65
Mondays 2/11, 9/11, 16/11, 23/11, 30/11, 7/12
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 3/11, 10/11, 17/11, 24/11, 1/12, 8/12
11am - 12pm Student Class with Kate
3pm - 4pm Intermediate Reformer with Rhona
6pm - 7pm Intermediate Mat with Danai
NEW! 6.30pm - 7.30pm Student Class with Kathy King
7pm-8pm Stretch Pilates with Danai
Wednesdays 4/11, 11/11, 18/11, 25/11, 2/12, 9/12
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 5/11, 12/11, 19/11, 26/11, 3/12, 10/12
8.30am -9.30am Wake up with Charlie
12pm - 1pm Student Class with Charlie
6.30pm - 7.30pm Intermediate/Advanced Mat with Mimo
NEW! 7.30pm-8.30pm Student Class with Kathy
Fridays 6/11, 13/11, 20/11, 27/11, 4/12, 11/12
8am -9am Wake up with Charlie (all levels)
9am - 10am Student Class with Charlie
Saturdays 7/11, 14/11, 21/11, 28/11, 5/12, 12/12
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 (for Body Control Pilates students)