

# Pilates Classes in Hersham, Walton & Weybridge



January Term 2018					
Day	Class	Time	Venue	Price	Term Dates
Monday	Boutique Small Group Session	9.45am & 10.45am	Better Body Studio, Hersham	Course - £60	08 Jan – 05 Feb (5 Weeks)
	Gentle Foundations Pilates Levels 1 & 2	1.30pm	St Johns Church, The Furrows, Walton on Thames	Course £50	08 Jan – 05 Feb (5 Weeks)
	Stretch & Strength Pilates Levels 1,2 & 3.	7.30pm	Main Hall, Ashley School, Walton on Thames	Course - £50	08 Jan – 05 Feb (5 Weeks)
	Men on Mats Levels 1,2 & 3.	8.30pm	Main Hall, Ashley School, Walton on Thames	Course - £50	08 Jan – 05 Feb (5 Weeks)
Tuesday	Pregnancy Pilates	8.10pm	St Peter's Church Hall, Hersham	Course - £50	09 Jan – 06 Feb (5 Weeks)
Wednesday	Stretch & Strength Pilates Levels 1,2 & 3.	10am	St James' Church Parish Centre, Weybridge	PAYG - £10 Loyalty Card=£85	Start 10 Jan no Class on 14 Feb
	Seated and Standing Therapy Pilates	11am	St James' Church Parish Centre, Weybridge	Course -£50	10 Jan – 07 Feb (5 Weeks)
	Boutique Small Group Session	10am	Better Body Studio, Hersham	Course - £60	10 Jan – 07 Feb (5 Weeks)
	Boutique Post-Natal Pilates	11am	Better Body Studio, Hersham	Course - £60	10 Jan – 07 Feb (5 Weeks)
Thursday	Boutique Small Group Session	9.30am	Better Body Studio, Hersham	Course - £60	11 Jan – 08 Feb (5 Weeks)
	Boutique Post-Natal Pilates	10.30am	Better Body Studio, Hersham	Course - £60	11 Jan – 08 Feb (5 Weeks)
	Back Care Pilates Levels 1	7pm	All Saints Catholic Church, Hersham	PAYG - £10 Loyalty Card =£85	Start 04 Jan No Class on 15 Feb
	Stretch & Strength Pilates Levels 1,2 & 3.	8.15pm	All Saints Catholic Church, Hersham	PAYG - £10 Loyalty Card=£85	Start 04 Jan No Class on 15 Feb
Friday	Stretch & Strength Pilates Levels 1,2 & 3.	9.45am	All Saints Catholic Church, Hersham	Course - £60	05 Jan – 09 Feb (6 Weeks)
	Gentle Foundations Pilates Levels 1 & 2	10.45am	All Saints Catholic Church, Hersham	Course - £60	05 Jan – 09 Feb (6 weeks)
Saturday	Stretch & Strength Pilates Levels 1,2 & 3.	9.30am	St Johns Church, The Furrows, Walton on Thames	Course - £60	06 Jan – 10 Feb (6 Weeks)
	Pregnancy Pilates	10.30am	St Johns Church, The Furrows, Walton on Thames	Course - £60	06 Jan – 10 Feb (6 Weeks)

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