

Pilates Classes in Hersham, Esher, Walton & Weybridge

Autumn Term 2017					
Day	Class	Time	Venue	Price	Term Dates
Monday	Boutique Small Group Session	9.45am & 10.45am	Better Body Studio, Hersham	Course - £84	4 Sept-16 Oct (7 Weeks)
	Gentle Foundations Pilates Levels 1 & 2	1.30pm	St Johns Church, The Furrows, Walton on Thames	Course £70	4 Sept-16 Oct (7 Weeks)
	Back Care Pilates Level 1	6.30pm	King George's Hall, Esher (Main Hall)	PAYG - £9 Loyalty Card (11)=£80	Re-starts Monday 4 th September No Class 23 October
	Stretch & Strength Pilates Levels 1,2 & 3.	7.30pm	Main Hall, Ashley School, Walton on Thames	Course - £60	11 Sept-16 Oct (6 Weeks)
	Men on Mats Levels 1,2 & 3.	8.30pm	Main Hall, Ashley School, Walton on Thames	Course - £60	11 Sept-16 Oct (6 Weeks)
Tuesday	Core Connect & Stretch Pilates Levels 1 & 2	8.15pm	St Peter's Church Hall, Hersham	PAYG - £9 Loyalty Card (11)=£80	Re-starts Tuesday 5 th September No Class 24 October
Wednesday	Stretch & Strength Pilates Levels 1,2 & 3.	10am	St James' Church Parish Centre, Weybridge	PAYG - £9 Loyalty Card (11)=£80	Re-starts Wednesday 6 th September No Class 25 October
	Seated and Standing Therapy Pilates	11am	St James' Church Parish Centre, Weybridge	Course -£70	6 Sept-18 Oct (7 Weeks)
	Boutique Small Group Session	10am	Better Body Studio, Hersham	Course - £84	6 Sept-18 Oct (7 Weeks)
	Boutique Post-Natal Pilates	11am	Better Body Studio, Hersham	Course - £84	6 Sept-18 Oct (7 Weeks)
	Gentle Foundations Pilates Levels 1 & 2	7pm	St Marys Church Hall, Oatlands	Course - £70	6 Sept-18 Oct (7 Weeks)
	Pregnancy Pilates	8pm	St Marys Church Hall, Oatlands	Course - £70	6 Sept-18 Oct (7 Weeks)
Thursday	Boutique Small Group Session	9.30am	Better Body Studio, Hersham	Course - £84	7 Sept-19 Oct (7 Weeks)
	Boutique Post-Natal Pilates	10.30am	Better Body Studio, Hersham	Course - £84	7 Sept-19 Oct (7 Weeks)
	Back Care Pilates Level 1	7pm	All Saints Catholic Church, Hersham	PAYG - £9 Loyalty Card (11)=£80	Class running through half term
	Stretch & Strength Pilates Levels 1,2 & 3.	8.15pm	All Saints Catholic Church, Hersham	PAYG - £9 Loyalty Card (11)=£80	Class running through half term
Friday	Stretch & Strength Pilates Levels 1,2 & 3.	10am	All Saints Catholic Church, Hersham	Course - £70	8 Sept-20 oct (7 Weeks)
	Gentle Foundations Pilates Levels 1 & 2	11am	All Saints Catholic Church, Hersham	Course - £70	8 Sept-20 oct (7 Weeks)
Saturday	Stretch & Strength Pilates Levels 1,2 & 3.	9.30am	St Johns Church, The Furrows, Walton on Thames	Course - £60	9 Sept-14 oct (6 Weeks)
	Pregnancy Pilates	10.30am	St Johns Church, The Furrows, Walton on Thames	Course - £60	9 Sept-14 oct (6 Weeks)

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