

MON TUE WED THU FRI SAT SUN

MARCH 2026

Hello March!

1
From the Virtual Studio:
Shiatsu & Meridians:
Self Treatment

Short Sessions

2
From the Virtual Studio:
Gentle Pilates
#G09 Balancing
Stretching and Toning

1h recording

3
IN PERSON:
Energising Pilates

10.30-11.30 PM

4
ONLINE:
Mixed Level Pilates

6.30-7.30 PM

5
IN PERSON:
Restorative Pilates

6.30-7.30 PM

6
From the Virtual Studio:
Core Strength
#C10 Core Remix and
lots of stretches

1h recording

7
From the Virtual Studio:
Movement Flow
#F08 Whole Body
Wake up

1h recording

8
From the Virtual Studio:
Mini Tutorials:
Spiky Shoulders

Short Sessions

9
From the Virtual Studio:
Gentle Pilates
#G10 Open and
Strengthen

1h recording

10
IN PERSON:
Energising Pilates

10.30-11.30 PM

11 **ONLINE:**
Mixed Level Pilates
6.30-7.30 PM
FREE FOR ALL MUMS
(M)otherside Taster
7.40-8.00 PM

12
IN PERSON:
Restorative Pilates

6.30-7.30 PM

13
From the Virtual Studio:
Core Strength
#C11 Practicing
Classical flow

1h recording

14
From the Virtual Studio:
Movement Flow
#F09 Flow with longer
Relaxation

1h recording

15
From the Virtual Studio:
Breathing, Meditation & Relaxation:
Mountain Meditation

Short Sessions

16
From the Virtual Studio:
Gentle Pilates
#G11 Gentle & Strong
Practice

1h recording

17
IN PERSON:
Energising Pilates

10.30-11.30 PM

18
ONLINE:
Mixed Level Pilates

6.30-7.30 PM

19
IN PERSON:
Restorative Pilates

6.30-7.30 PM

20
From the Virtual Studio:
Core Strength
#C13 Power up your
legs and backs!

1h recording

21
From the Virtual Studio:
Movement Flow
#F10 Anuloma
Viloma

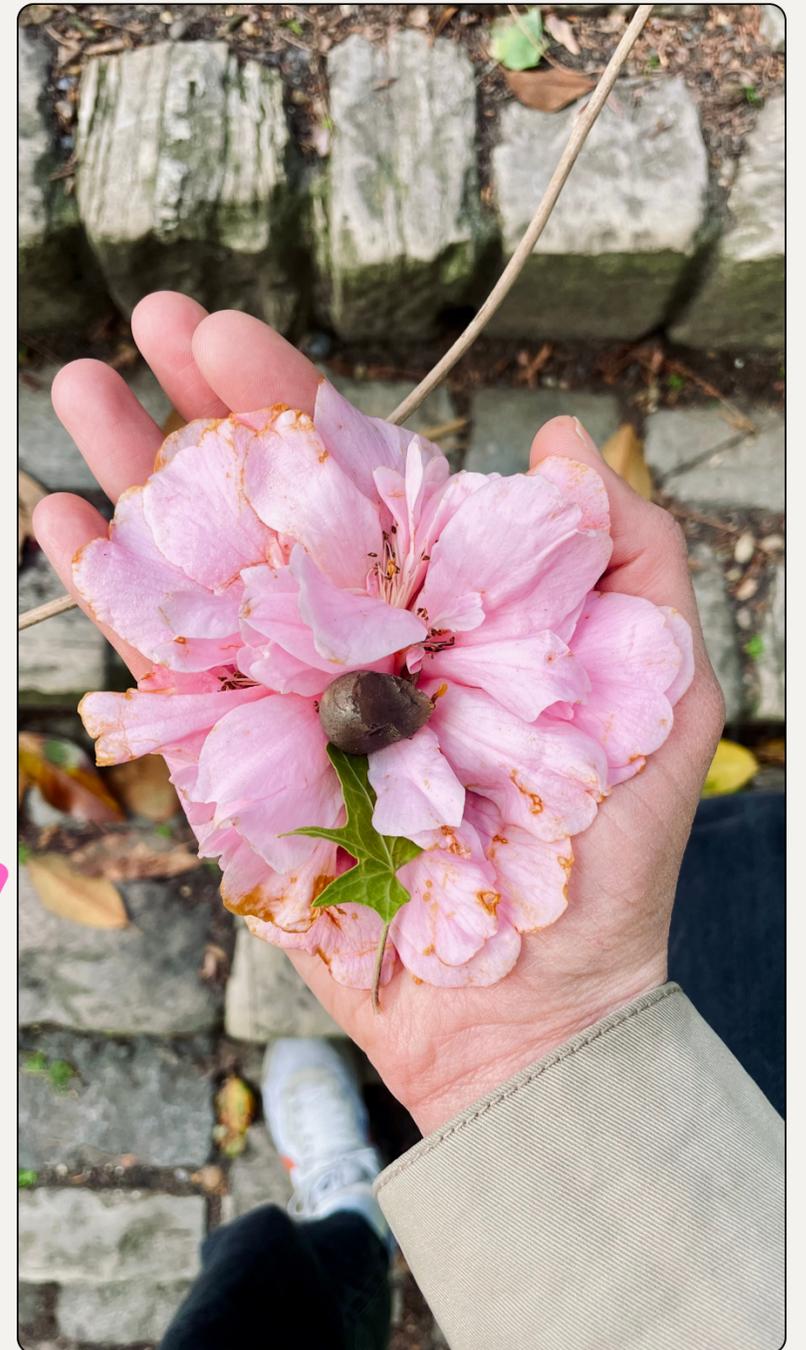
1h recording

22
FREE FOR MEMBERS
ONLINE:
Meditation & Yoga of Meridians

6.30-7.30 PM

S P R I N G

A new 6-days Seasonal Kit, more about this soon :)



Click on the class name to be redirected to the video category or booking page.
New to the Virtual Studio? Tap [here](#) to start your 7 days free trial.