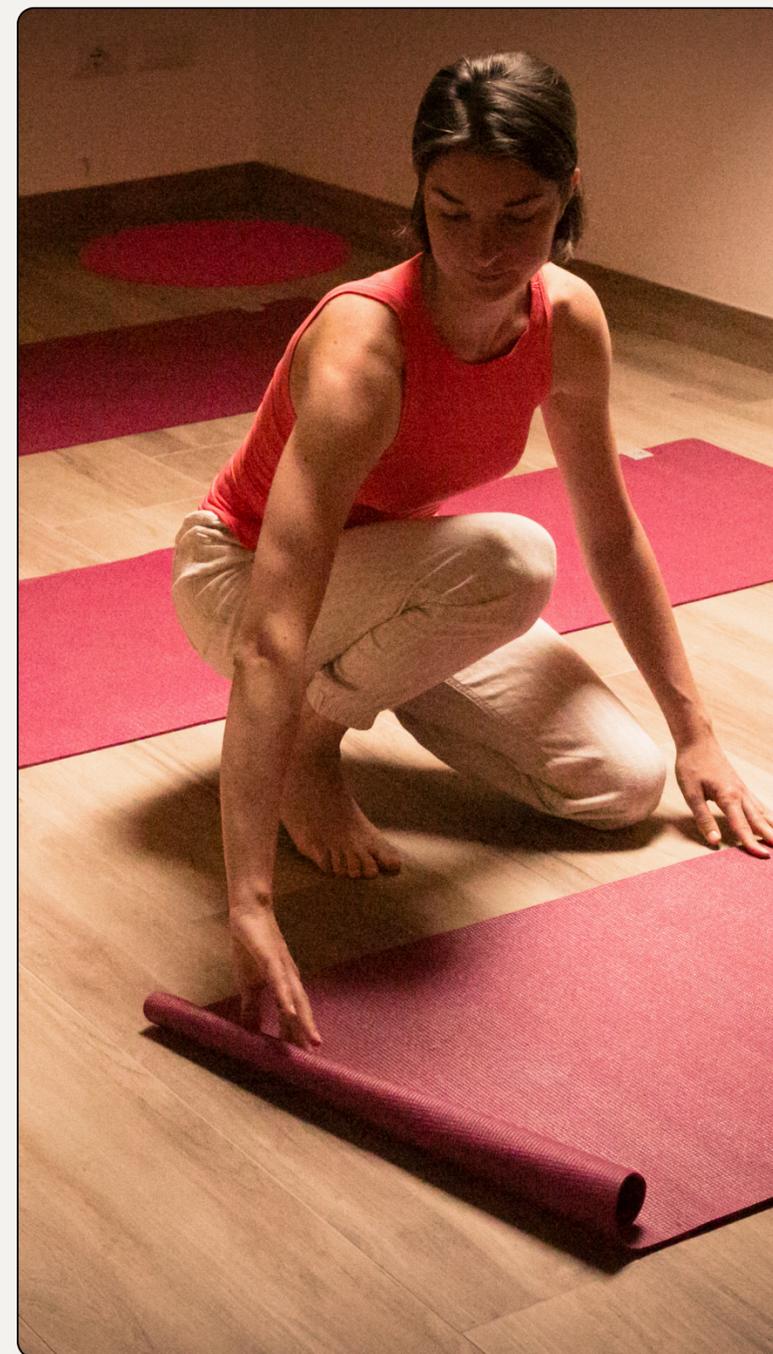


MON TUE WED THU FRI SAT SUN

FEBRUARY 2026

Hello February!

1	Hello February!					1 <i>From the Virtual Studio:</i> <u>Shiatsu & Meridians: Self Treatment</u> Short Sessions
2 <i>From the Virtual Studio:</i> <u>Gentle Pilates</u> #G05 Pilates w/band 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 <i>From the Virtual Studio:</i> <u>Core Strength</u> #C05 Shoulder Stability 1h recording	7 <i>From the Virtual Studio:</i> <u>Movement Flow</u> #F05 Body Waves 1h recording	8 <i>From the Virtual Studio:</i> <u>Mini Tutorials: Eyes & Wrists</u> Short Sessions
9 <i>From the Virtual Studio:</i> <u>Gentle Pilates</u> #G06 Breathe & Twist 1h recording	10 IN PERSON: Energising Pilates 10.30-11.30 PM	11 ONLINE: Mixed Level Pilates 6.30-7.30 PM	12 IN PERSON: Restorative Pilates 6.30-7.30 PM	13 <i>From the Virtual Studio:</i> <u>Core Strength</u> #C06 Pilates Classics 1h recording	14 <i>From the Virtual Studio:</i> <u>Movement Flow</u> #F06 Face & Feet special 1h recording	15 <i>From the Virtual Studio:</i> <u>Breathing, Meditation & Relaxation: Lake Meditation</u> Short Sessions
16 <i>From the Virtual Studio:</i> <u>Gentle Pilates</u> #G07 Feel-good class to counteract desk-time 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 <i>From the Virtual Studio:</i> <u>Core Strength</u> #C07 Some Classical Favourites! 1h recording	21 <i>From the Virtual Studio:</i> <u>Movement Flow</u> #F07 Body Balance 1h recording	22 ONLINE: Meditation & Yoga of Meridians 6.30-7.30 PM
23 <i>From the Virtual Studio:</i> <u>Gentle Pilates</u> #G08 Strengthen & Open 1h recording	24 IN PERSON: Energising Pilates 10.30-11.30 PM	25 ONLINE: Mixed Level Pilates 6.30-7.30 PM	26 IN PERSON: Restorative Pilates 6.30-7.30 PM	27 <i>From the Virtual Studio:</i> <u>Core Strength</u> #C08 Build up on Classics 1h recording	28 <i>From the Virtual Studio:</i> <u>Movement Flow</u> #F08 Whole Body Wake Up 1h recording	Notes:



Click on the class name to be redirected to the video category or booking page.
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