

MON	TUE	WED	THU	FRI	SAT	SUN
Hello January!			1 <i>From the Virtual Studio:</i> <u>Shiatsu & Meridians: New Year's Meditation</u> <i>Short Sessions</i>	2 <i>From the Virtual Studio:</i> <u>Pilates 4 Newbies</u> <u>30 mins Pilates class</u> <i>Video Series</i>	3 <i>From the Virtual Studio:</i> <u>Short Routines (10-15m): Morning Stretches</u> <i>Short Sessions</i>	4 <i>From the Virtual Studio:</i> <u>Breathing & Meditation: Four Elements</u> <i>Short Sessions</i>
5 <i>From the Virtual Studio:</i> <u>Gentle Pilates</u> <u>#G01 Hip & Spinal Health</u> <i>1h recording</i>	6 <i>From the Virtual Studio:</i> <u>Short Routines (20-40mins): Sequence no.1</u> <i>Short Sessions</i>	7 ONLINE: Mixed Level Pilates 6.30-7.30 PM	8 IN PERSON: Restorative Pilates 6.30-7.30 PM	9 <i>From the Virtual Studio:</i> <u>Core Strength</u> <u>#C01 Dynamic Pilates</u> <i>1h recording</i>	10 <i>From the Virtual Studio:</i> <u>Movement Flow</u> <u>#F01 Morning Stretch</u> <i>1h recording</i>	11 <i>From the Virtual Studio:</i> <u>Breathing & Meditation Boat Meditation</u> <i>Short Sessions</i>
12 <i>From the Virtual Studio:</i> <u>Gentle Pilates</u> <u>#G02 Reconnecting to the Pelvic Floor</u> <i>1h recording</i>	13 IN PERSON: Energising Pilates 10.30-11.30 PM	14 ONLINE: Mixed Level Pilates 6.30-7.30 PM FREE FOR ALL MUMS (M)otherside Taster 7.40-8.00 PM	15 IN PERSON: Restorative Pilates 6.30-7.30 PM	16 <i>From the Virtual Studio:</i> <u>Core Strength</u> <u>#C02 Breath & Core</u> <i>1h recording</i>	17 <i>From the Virtual Studio:</i> <u>Movement Flow</u> <u>#F02 Morning Flow with added leg power</u> <i>1h recording</i>	18 <i>From the Virtual Studio:</i> <u>Breathing & Meditation: Three Breaths</u> <i>Short Sessions</i>
19 <i>From the Virtual Studio:</i> <u>Gentle Pilates</u> <u>#G03 Mobilise, Strengthen & Release</u> <i>1h recording</i>	20 IN PERSON: Energising Pilates 10.30-11.30 PM	21 ONLINE: Mixed Level Pilates 6.30-7.30 PM	22 IN PERSON: Restorative Pilates 6.30-7.30 PM	23 <i>From the Virtual Studio:</i> <u>Core Strength</u> <u>#C03 Upper Body</u> <i>1h recording</i>	24 <i>From the Virtual Studio:</i> <u>Movement Flow</u> <u>#F03 Bright New Day</u> <i>1h recording</i>	25 ONLINE: Meditation & Yoga of Meridians 6.00-7.00pm FREE FOR MEMBERS
26 <i>From the Virtual Studio:</i> <u>Gentle Pilates</u> <u>#G04 Diaphragm & PF</u> <i>1h recording</i>	27 IN PERSON: Energising Pilates 10.30-11.30 PM	28 ONLINE: Mixed Level Pilates 6.30-7.30 PM	29 IN PERSON: Restorative Pilates 6.30-7.30 PM	30 <i>From the Virtual Studio:</i> <u>Core Strength</u> <u>#C04 Low back-hips-ankles mobility</u> <i>1h recording</i>	31 <i>From the Virtual Studio:</i> <u>Movement Flow</u> <u>#F04 Your morning elegance</u> <i>1h recording</i>	Notes:

JANUARY 2026



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