

MON	TUE	WED	THU	FRI	SAT	SUN
<i>Hello April!</i>	1 <i>From the Virtual Studio: Short Routines (20-40mins); Sequence no.1</i> Short Sessions	2 <i>From the Virtual Studio: All Levels Pilates #P17 Twists & Lifts</i> 1h recording	3 IN PERSON: Restorative Pilates 6.30-7.30pm BST	4 <i>From the Virtual Studio: Core Strength #C10 Core Remix and lots of stretches</i> 1h recording	5 IN PERSON: Energising Pilates 10.30-11.30am BST	6 <i>From the Virtual Studio: Shiatsu & Meridians: Self Treatment</i> Short Sessions
7 <i>From the Virtual Studio: Gentle Pilates #G13 Stretch, Twist & Breathe</i> 1h recording	8 IN PERSON: Energising Pilates 10.30-11.30am BST	9 ONLINE: Mixed Level Pilates 6.30-7.30pm BST	10 IN PERSON: Restorative Pilates 6.30-7.30pm BST	11 <i>From the Virtual Studio: Core Strength #C11 Practicing Classical flow</i> 1h recording	8 <i>From the Virtual Studio: Movement Flow #F12 Morning Radiance</i> 1h recording	9 <i>From the Virtual Studio: Short Routines (20-40mins); Sequence no.2</i> Short Sessions
14 <i>From the Virtual Studio: Gentle Pilates #G15 Gentle Pilates w/band</i> 1h recording	15 IN PERSON: Energising Pilates 10.30-11.30am BST	16 ONLINE: Mixed Level Pilates 6.30-7.30pm BST	17 IN PERSON: Restorative Pilates 6.30-7.30pm BST	18 <i>From the Virtual Studio: Core Strength #C13 Power up your legs and backs!</i> 1h recording	19 <i>From the Virtual Studio: Movement Flow #F13 Eyes Special</i> 1h recording	20 <i>From the Virtual Studio: Breathing, Meditation & Relaxation: Relaxation: the space in-between</i> Short Sessions
21 <i>From the Virtual Studio: Gentle Pilates #G16 Gentle Pilates w/chair</i> 1h recording	22 IN PERSON: Energising Pilates 10.30-11.30am BST	23 ONLINE: Mixed Level Pilates 6.30-7.30pm BST	24 IN PERSON: Restorative Pilates 6.30-7.30pm BST	11 <i>From the Virtual Studio: Core Strength #C14 Over(b)all strength & balance</i> 1h recording	26 <i>From the Virtual Studio: Movement Flow #F11 Rise and Shine</i> 1h recording	27 ONLINE: Meditation & Yoga of Meridians 6.00-7.00pm BST
28 <i>From the Virtual Studio: Gentle Pilates #G17 Gentle Pilates (longer relaxation);</i> 1h recording	29 IN PERSON: Energising Pilates 10.30-11.30am BST	30 ONLINE: Mixed Level Pilates 6.30-7.30pm BST	Notes:			



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