

MON	TUE	WED	THU	FRI	SAT	SUN
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FEBRUARY 2025

Hello February!

<p>3</p> <p><i>From the Virtual Studio:</i> <u>Gentle Pilates</u> #G05 Pilates w/band</p> <p>1h recording</p>	<p>4</p> <p>IN PERSON: Energising Pilates</p> <p>10.30-11.30 PM</p>	<p>5</p> <p>ONLINE: Mixed Level Pilates</p> <p>6.30-7.30 PM</p>	<p>6</p> <p>IN PERSON: Restorative Pilates</p> <p>6.30-7.30 PM</p>	<p>7</p> <p><i>From the Virtual Studio:</i> <u>Core Strength</u> #C05 Shoulder Stability</p> <p>1h recording</p>	<p>8</p> <p><i>From the Virtual Studio:</i> <u>Movement Flow</u> #F05 Body Waves</p> <p>1h recording</p>	<p>9</p> <p><i>From the Virtual Studio:</i> <u>Mini Tutorials:</u> <u>Eyes & Wrists</u></p> <p>Short Sessions</p>
<p>10</p> <p><i>From the Virtual Studio:</i> <u>Gentle Pilates</u> #G06 Breathe & Twist</p> <p>1h recording</p>	<p>11</p> <p>IN PERSON: Energising Pilates</p> <p>10.30-11.30 PM</p>	<p>12</p> <p>ONLINE: Mixed Level Pilates</p> <p>6.30-7.30 PM</p>	<p>13</p> <p>IN PERSON: Restorative Pilates</p> <p>6.30-7.30 PM</p>	<p>14</p> <p><i>From the Virtual Studio:</i> <u>Core Strength</u> #C06 Pilates Classics</p> <p>1h recording</p>	<p>15</p> <p><i>From the Virtual Studio:</i> <u>Movement Flow</u> #F06 Face & Feet special</p> <p>1h recording</p>	<p>16</p> <p><i>From the Virtual Studio:</i> <u>Breathing, Meditation & Relaxation:</u> <u>Lake Meditation</u></p> <p>Short Sessions</p>
<p>17</p> <p><i>From the Virtual Studio:</i> <u>Gentle Pilates</u> #G07 Feel-good class to counteract desk-time</p> <p>1h recording</p>	<p>18</p> <p>IN PERSON: Energising Pilates</p> <p>10.30-11.30 PM</p>	<p>19</p> <p>ONLINE: Mixed Level Pilates</p> <p>6.30-7.30 PM</p>	<p>20</p> <p>IN PERSON: Restorative Pilates</p> <p>6.30-7.30 PM</p>	<p>21</p> <p><i>From the Virtual Studio:</i> <u>Core Strength</u> #C07 Some Classical Favourites!</p> <p>1h recording</p>	<p>22</p> <p><i>From the Virtual Studio:</i> <u>Movement Flow</u> #F07 Body Balance</p> <p>1h recording</p>	<p>23</p> <p>ONLINE: Meditation & Yoga of Meridians</p> <p>6.30-7.30 PM</p>
<p>24</p> <p><i>From the Virtual Studio:</i> <u>Gentle Pilates</u> #G08 Strengthen & Open</p> <p>1h recording</p>	<p>25</p> <p>IN PERSON: Energising Pilates</p> <p>10.30-11.30 PM</p>	<p>26</p> <p>ONLINE: Mixed Level Pilates</p> <p>6.30-7.30 PM</p>	<p>27</p> <p>IN PERSON: Restorative Pilates</p> <p>6.30-7.30 PM</p>	<p>28</p> <p><i>From the Virtual Studio:</i> <u>Core Strength</u> #C08 Build up on Classics</p> <p>1h recording</p>	Notes:	



Click on the class name to be redirected to the video or booking page. See you on the mat, Chiara x