

MON	TUE	WED	THU	FRI	SAT	SUN
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MAY 2025

Hello May!			1 IN PERSON: Restorative Pilates 6.30-7.30pm BST	2 <i>From the Virtual Studio:</i> Core Strength #C15 Core and Cat Challenge 1h recording	4 <i>From the Virtual Studio:</i> Movement Flow #F01 Morning Stretch 1h recording	4 <i>From the Virtual Studio:</i> Shiatsu & Meridians: Self Treatment Short Sessions
5 <i>From the Virtual Studio:</i> Gentle Pilates #G18 Neck & Upper Body Release 1h recording	6 IN PERSON: Energising Pilates 10.30-11.30am BST	7 ONLINE: Mixed Level Pilates 6.30-7.30pm BST	8 IN PERSON: Restorative Pilates 6.30-7.30pm BST	9 <i>From the Virtual Studio:</i> Core Strength #C16 Balance Arms & Abs 1h recording	10 <i>From the Virtual Studio:</i> Movement Flow #F02 Morning Flow with add. Leg Power 1h recording	11 <i>From the Virtual Studio:</i> Mini Tutorials: Wrists Strength & Mobility Short Sessions
12 <i>From the Virtual Studio:</i> Gentle Pilates #G19 Deep Openers and Pelvis Release 1h recording	13 IN PERSON: Energising Pilates 10.30-11.30am BST	14 ONLINE: Mixed Level Pilates 6.30-7.30pm BST	15 <i>From the Virtual Studio:</i> All Levels Pilates #P07 Gentle Pilates 1h recording	16 <i>From the Virtual Studio:</i> Core Strength #C17 Neo Classical Pilates 1h recording	17 <i>From the Virtual Studio:</i> Movement Flow #F03 Bright New Day 1h recording	18 <i>From the Virtual Studio:</i> Breathing, Meditation & Relaxation: Lake Meditation Short Sessions
19 <i>From the Virtual Studio:</i> Gentle Pilates #G20 Movement & Pelvic Floor 1h recording	20 <i>From the Virtual Studio:</i> All Levels Pilates #P04 Toning and Stretching 1h recording	21 ONLINE: Mixed Level Pilates 6.30-7.30pm BST	22 IN PERSON: Restorative Pilates 6.30-7.30pm BST	23 <i>From the Virtual Studio:</i> Core Strength #C18 Classical Pilates...with a twist! 1h recording	24 <i>From the Virtual Studio:</i> Movement Flow #F04 Your Morning Elegance 1h recording	25 ONLINE: Meditation & Yoga of Meridians 6.00-7.00pm BST
26 <i>From the Virtual Studio:</i> Gentle Pilates #G21 Calm & Strong Practice 1h recording	27 IN PERSON: Energising Pilates 10.30-11.30am BST	28 ONLINE: Mixed Level Pilates 6.30-7.30pm BST	29 IN PERSON: Restorative Pilates 6.30-7.30pm BST	30 <i>From the Virtual Studio:</i> Core Strength #C19 Test Your Balance 1h recording	31 <i>From the Virtual Studio:</i> Movement Flow #F05 Body Waves with band 1h recording	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.