

Matwork & Zoom Pilates

*If you'd like to receive a copy via email, this is available upon request

Day	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Thursday	Friday	Saturday
Type	Matwork	Matwork	Matwork	Matwork	Zoom	Matwork	Matwork/Equipment	Zoom	Matwork
Instructor	Sara/Maya	Pete & Joana	Maya	Maya	Natalie	Sheridan	Mix	Danni	Maya
Time	14:30 - 15:30 (Intermediate)	17:55 - 18:55 (Foundation)	19:20 - 20:20 (Intermediate)	18:20 - 19:20 (Foundation)	18:00 - 19:00 (Intermediate)	13:00 - 14:00 (Foundation)	19:00 - 20:00 (Advanced)	17:30 - 18:30 (Intermediate)	10:00 - 11:00 (Intermediate)
Time	15:45 - 16:45 (Foundation)	19:00 - 20:00 (Foundation)		*New Class*					
Level									

Week 1	23 June 2026 <i>No Class</i>	23 June 2026 <i>(Joana)</i>	24 June 2026 <i>No Class</i>	24 June 2026 <i>No Class</i>	25 June 2026 <i>(Louise)</i>	25 June 2026	25 June 2026 <i>No Class</i>	Previous term session <i>Due to bank holidays</i>	27 June 2026 <i>No Class</i>
Week 2	30 June 2026 <i>No Class</i>	30 June 2026 <i>(Pete)</i>	01 July 2026 <i>No Class</i>	01 July 2026 <i>No Class</i>	02 July 2026 <i>(Natalie)</i>	02 July 2026	02 July 2026 <i>No Class</i>	03 July 2026	04 July 2026 <i>(Sara)</i>
Week 3	07 July 2026 <i>No Class</i>	07 July 2026 <i>(Joana)</i>	08 July 2026	08 July 2026 <i>No Class</i>	09 July 2026 <i>(Natalie)</i>	09 July 2026 <i>(Sara)</i>	09 July 2026 <i>(Fiona - Equipment)</i>	10 July 2026	11 July 2026
Week 4	14 July 2026 <i>(Sara)</i>	14 July 2026 <i>(Pete)</i>	15 July 2026	15 July 2026	16 July 2026 <i>(Natalie)</i>	16 July 2026 <i>(Sara)</i>	16 July 2026 <i>(Sara - Matwork)</i>	17 July 2026	18 July 2026
Week 5	21 July 2026 <i>No Class</i>	21 July 2026 <i>(Joana)</i>	22 July 2026	22 July 2026	23 July 2026 <i>(Natalie)</i>	23 July 2026	23 July 2026 <i>(Natalie - Matwork)</i>	24 July 2026 <i>No Class</i>	25 July 2026
Week 6	28 July 2026 <i>No Class</i>	28 July 2026 <i>(Pete)</i>	29 July 2026	29 July 2026	30 July 2026 <i>(Natalie)</i>	30 July 2026	30 July 2026 <i>(Natalie - Matwork)</i>	31 July 2026	01 August 2026
Week 7	04 August 2026 <i>(Maya)</i>	04 August 2026 <i>(Joana)</i>	05 August 2026	05 August 2026	06 August 2026 <i>(Natalie)</i>	06 August 2026	06 August 2026 <i>(Sara - Matwork)</i>	07 August 2026	08 August 2026 <i>(Sara)</i>
Week 8	11 August 2026 <i>(Sara)</i>	11 August 2026 <i>No Class</i>	12 August 2026	12 August 2026 <i>Potential for following term</i>	13 August 2026 <i>(Natalie)</i>	13 August 2026	13 August 2026 <i>(Natalie - Matwork)</i>	14 August 2026	15 August 2026
Week 9	18 August 2026 <i>No Class</i>	18 August 2026 <i>(Pete)</i>	19 August 2026 <i>(Sara)</i>	19 August 2026 <i>Potential for following term</i>	20 August 2026 <i>No Class</i>	20 August 2026 <i>(Sara)</i>	20 August 2026 <i>(Sara - Matwork)</i>	21 August 2026	22 August 2026
Week 10	25 August 2026 <i>(Sara)</i>	25 August 2026 <i>(Joana)</i>	26 August 2026	26 August 2026 <i>Potential for following term</i>	27 August 2026 <i>(Natalie)</i>	27 August 2026	27 August 2026 <i>(Natalie - Matwork)</i>	28 August 2026	29 August 2026
Week 11	01 September 2026 <i>(Maya)</i>	01 September 2026 <i>(Pete)</i>	02 September 2026	02 September 2026 <i>Potential for following term</i>	03 September 2026 <i>(Fiona)</i>	03 September 2026	03 September 2026 <i>(Fiona - Equipment)</i>	04 September 2026	05 September 2026
Total Cost	5 £6000	10 £12000	9 £10800	4 £4800	10 £10000	11 £13200	9 £10800	9 £9000	10 £12000

Equipment Pilates

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Day	Monday	Monday	Tuesday	Wednesday	Friday	Saturday
Type	Equipment	Equipment	Equipment	Equipment	Equipment	Matwork
Instructor	Fiona	Maya	Fiona	Lorraine	Lorraine	Maya
Time	11:00 - 12:00 (Intermediate)	18:15 - 19:15 (Advanced)	17:45 - 18:45 (Intermediate)	18:15 - 19:15 (Intermediate)	09:00 - 10:00 (Foundation)	11:15 - 12:15 (Foundation)
Time	12:30 - 13:30 (Intermediate)	19:25 - 20:25 (Advanced)	19:00 - 20:00 (Advanced)	19:20 - 20:20 (Advanced)	10:10 - 11:10 (Intermediate)	
Time		20:35 - 21:35 (Advanced)	20:10 - 21:10 (Intermediate)			

Week 1	22 June 2026	22 June 2026 <i>No Class</i>	23 June 2026	24 June 2026 <i>No Class</i>	26 June 2026 <i>(Louise)</i>	27 June 2026 <i>No Class</i>
Week 2	29 June 2026	29 June 2026 <i>No Class</i>	30 June 2026	01 July 2026 <i>No Class</i>	03 July 2026 <i>No Class</i>	04 July 2026 <i>No Class</i>
Week 3	06 July 2026	06 July 2026	07 July 2026	08 July 2026	10 July 2026	11 July 2026 <i>No Class</i>
Week 4	13 July 2026	13 July 2026	14 July 2026	15 July 2026	17 July 2026	18 July 2026
Week 5	20 July 2026	20 July 2026	21 July 2026 <i>No Class</i>	22 July 2026	24 July 2026	25 July 2026
Week 6	27 July 2026	27 July 2026	28 July 2026	29 July 2026 <i>No Class</i>	31 July 2026 <i>No Class</i>	01 August 2026
Week 7	03 August 2026 <i>No Class</i>	03 August 2026	04 August 2026	05 August 2026	07 August 2026	08 August 2026 <i>(Sara)</i>
Week 8	10 August 2026	10 August 2026 <i>No Class</i>	11 August 2026	12 August 2026	14 August 2026	15 August 2026
Week 9	17 August 2026	17 August 2026 <i>(Fiona)</i>	18 August 2026	19 August 2026	21 August 2026	22 August 2026
Week 10	24 August 2026	24 August 2026	25 August 2026	26 August 2026 <i>(Fiona)</i>	28 August 2026 <i>No Class</i>	29 August 2026
Week 11	31 August 2026 <i>Bank Holiday - No Class</i>	31 August 2026 <i>Bank Holiday - No Class</i>	01 September 2026	02 September 2026	04 September 2026	05 September 2026
Total Cost	9 £12150	7 £9450	10 £13500	8 £10800	8 £10800	10 £12000