

Regular classes - effective from 31 October 2022

The Covid pandemic led to a changed way of working for many of us and, for me, resulted in the introduction of Zoom classes in addition to those offered in my studio.

I now offer one-hour studio classes that can also be viewed simultaneously on Zoom. Shown in blue on the timetable.

In addition I provide separate half-hour Zoom-only classes. Shown in green on the timetable.

Please note that it is important to make prior arrangement before attending any class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Matwork Pilates (Zoom only) 10.00 - 11.00 am	Matwork Pilates Studio & Zoom 10.00 - 11.00 am	Matwork Pilates Studio & Zoom 10.00 - 11.00 am		Matwork Pilates Studio & Zoom 10.00 - 11.00 am	Matwork Pilates (Zoom only) 10.00 - 10.30 am	Matwork Pilates (Zoom only) 10.00 - 10.30 am
Matwork Pilates (Zoom only) 11.30 - 12.00 pm *	Standing Pilates (Zoom only) 11.30 - 12.15 pm *	Matwork Pilates (Zoom only) 11.30 - 12.00 pm *		Matwork Pilates (Zoom only) 11.30 - 12.00 pm *		
Evening classes						
Advanced Pilates (Zoom only) 6.30 - 7.30 pm		Matwork Pilates Studio & Zoom 6.50 - 7.50 pm *	Matwork Pilates Studio & Zoom 6.50 - 7.50 pm *			
Matwork Pilates (Zoom only) 7.30 - 8.00 pm		Matwork Pilates Studio & Zoom 8.00 - 9.00 pm	Matwork Pilates Studio & Zoom 8.00 - 9.00 pm			

* Note new starting times for the classes marked by an asterisk.