

Bea Alexander Pilates

Festive Pilates and the New Term 2022



A big **THANK YOU** to all of you who have come to class in 2021. We'd love to welcome you back if you haven't!

We can't tell you how much we have appreciated your company this last year in both online and in-person classes.

For so many people, this has been an equally tough year as 2020, with the continuing consequences of the Pandemic.

Continuing to be able to teach Pilates to you is one of the consistent joys for us teachers.

Festive Pilates

We have Ten Festive Pilates Classes for you to join as one-off sessions online. Keep your body moving and your mind clear.

Benjamin, the studio skeleton is Festive !

Twixtmas Classes 2021Online

- Monday 27th December 6-7pm **Stretch & Recover Pilates** (General Level) with Bea Alexander
- Tuesday 28th December 6-7pm **Find your Core Muscles (Again) Pilates** (General Level) with Katia C
- Wednesday 29th December 5.30-6.30pm **Level 3 to 4 Pilates** with Gill Bertram
- Thursday 30th December 5-6pm **Pilates Neck & Shoulder Care with Relaxation** (General Level) with Bea Alexander

NEW YEAR 2022

- Monday 3rd January 5-6pm **Pilates for your Back** (Post-Beginners to Level 2) with Bea Alexander
- Tuesday 4th January 6-7pm **Find your Core Muscles (Again) Pilates** (General Level) with Katia C.
- Wednesday 5th January 12.30-1.30pm **General Pilates** with Gill Bertram
- Thursday 6th January 5-6pm **Pilates Neck & Shoulder Care with Relaxation** (General Level) with Bea Alexander
- Thursday 6th January 7-8pm **Level 3 to 4 Pilates** with Valentina Pintus
- Friday 7th January 12.30-1.30pm **General Pilates** with Katia Caldarola

Pilates Winter Term 2022

Monday 10th January to Friday 8th April

(Half Term 12-18th February)

Day	Time	Class	Teacher	Class Category	Location/Online
Monday	7.45-8.45am	Pilates Wake-Up & Stretch	Abby W	Flexible	Online Only
Monday	12.30-1.30pm	General Pilates Small Group	Gill B	12 Weeks	In-Person Only CS
Monday	4.15-5.15pm	General Pilates	Katia C	12 Weeks	Online & CS
Monday	5.30-6.30pm	Begin Pilates Small Group	Katia C	6-weeks x2	In-Person Only CS
Monday	5.00-6.00pm	Pilates for your Back (Beg/Post-Beginners)	Bea A	12 Weeks	Online & ELC
Monday	6.15-7.15pm	Pilates for your Back (Intermediate)	Katy B	12 Weeks	Online & ELC
Monday	6.15-7.15pm	General Pilates	Bea A	12 Weeks	Online & ELC
Monday	7.30-8.30pm	Begin Pilates Small Group 2 Blocks	Katy B	6-weeks x2	In-Person Only ELC
Monday	7.30-8.30pm	Int/Adv Pilates	Bea A	12 Weeks	Online & ELC
Tuesday	5.00-6.00pm	Begin Pilates 2 Blocks	Bea A	6-weeks x2	Online & ELC
Tuesday	6.15-7.15pm	Lower Int Pilates	Katia C	12 Weeks	Online & ELC
Tuesday	7.30-8.30pm	Higher Int Pilates	Katia C	12 Weeks	Online & ELC
Tuesday	5.45-6.45pm	Dynamic Pilates & Yoga Fusion	Gill B	12 Weeks	Online & CS
Tuesday	7.00-8.00pm	General Pilates	Gill B	12 Weeks	Online & CS
Wednesday	12.30-1.30pm	General Pilates	Gill B	12 Weeks	Online & CS
Wednesday	5.30-6.30pm	Adv Pilates	Gill B	12 Weeks	Online & GE
Wednesday	6.45-7.45pm	General Pilates	Gill B	12 Weeks	Online & GE
Wednesday	8.00-9.00pm	Int/Adv Pilates	Gill B	12 Weeks	Online & GE
Thursday	5.45-6.45pm	Int Small Group Pilates	Valentina P	12 Weeks	In-Person Only CS
Thursday	7.00-8.00pm	Int/Adv Pilates	Valentina P	12 Weeks	Online & CS
Thursday	6.00-7.00pm	Flexible Class - see website	Gill, Katia, Katy	Flexible	Online Only
Friday	12.30-1.30pm	General Pilates	Katia	Flexible	Online & CS
Friday	5.00-6.00pm	Neck & Shld Classes	Bea	One-Offs	Online Only
Saturday	10.00-11.00am	On-Off Classes	All	One-Offs	Online & CS

Key: CS = Central Studio. ELC = Eric Liddell Centre GE = Gathering Essence

12-Week Progressive Term: £151 Flexible Classes: One-Off Class: £12.99; 6-Class Pass £76;

12-Class Pass £151 Beginners Pilates Small Group 6-Week Block: £94

Beginners Standard Class 6-Week Block: £76 Monday & Thursday Small Group Class 12-Week Term: £189

One-Off Classes: £12.99 Buy Two 12-Week Term Classes Special Offer: 24-Classes: £288

See the website for more information and to book!