

In Studio Classes

TUESDAY

Mat Pilates 2pm & 5.30pm

[@ YogaVenue Oxford](#)

WEDNESDAY

Reformer Pilates 9.30am & 11am [@ Estelle Manor](#)

Hot Yoga 5.30pm & 7pm [@ HotPodYoga Reading](#)

THURSDAY

Pilates Tone 7.30am

[@ Bodyism Notting Hill](#)

FRIDAY

Reformer Pilates 9.30am & 11am [@ Estelle Manor](#)