



# PLANNING 2026 ONLINE CLASSES

		Paris, Berlin	London	New York	Los Angeles	Shanghai
<b>Tuesdays</b>	Pilates Back to Basics 🇬🇧 🇩🇪	7.30 pm - 8.30 pm	6.30 pm - 7.30 pm	1.30 pm - 2.30 pm	10.30 am - 11.30 am	1.30 am -2.30 am (wednesday)
<b>Wednesdays</b>	Pilates for golfing & racket-sports 🇬🇧 🇫🇷	9.00 am - 10.00 am	8.00 am - 9.00 am	3.00 am - 4.00 am	12.00 pm - 1.00 am	3.00 pm -4.00 pm
<b>Wednesdays</b>	Pilates for swimming 🇬🇧 🇩🇪	7.30 pm - 8.30 pm	6.30 pm - 7.30 pm	1.30 pm - 2.30 pm	10.30 am - 11.30 pm	1.30 am - 2.30 am (thursday)
<b>Saturdays</b>	Pilates for running 🇬🇧 🇩🇪	9.00 am - 10.00 am	8.00 am - 9.00 am	3.00 am - 4.00 am	12.00 pm - 1.00 am	3.00 pm - 4.00 pm

**Online prerequisites:**

access to zoom

All Pilates levels welcome.

subject to small changes.

please register via Email: [info@pilates-for-athletes.com](mailto:info@pilates-for-athletes.com)