

Merry Christmas



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Can you believe we are about to close for our Christmas break already, how 2023 has flown!

We hope 2023 has been a good year for all our clients and that you are enjoying your classes.

As usual, there has been staffing and schedule changes during the year and through out this you have remained loyal to Jessica Pilates. We would like to thank you for your support and look forward to providing quality Pilates training to everyone.

Some instructor news:

Iryna joined us in September to teach the Saturday morning Zoom class and cover where needed. And I'm sure we will see her more on the schedule moving forward.

We are delighted to announce and welcome Mel, to Jessica Pilates as she has taken on the Dunsfold classes(Monday evening).

For those getting their Friday morning early Zoom(08:30am) class in, Sylvia will be taking this class from Janaury2024.

Some very exciting news is that Jenny, is pregnant and we can't wait to meet



baby in 2024.

We have also had a change to our face2face schedule with the West Horsley classes (Thursday) no longer falling under the Jessica Pilates banner, although they will continue to be taught by Coleena.

Due to the day that Christmas and New Year (and Easter 2024) fall on this year, the term dates are a bit different – please make sure you know when your class resumes:

Term Dates for 2023: Face2face and Zoom classes

Winter Term: 3rd January'24(**Wednesday**) – 28th March(**Thursday**)

Half term: 12th – 17th February

Spring Term: 12th April (**Friday**) – 29th July(**Monday**)

Half term: 27th May – 1st June

Half Term = NO classes to run (Zoom or Face2Face)

For future date details please see the Jessica Pilates website:

<https://www.jessicapilates.co.uk/classes/face-to-face-class-timetable/> or

<https://www.jessicapilates.co.uk/classes/online-zoom-live-class-timetable/>

**Yours in Pilates
Nikki & instructors**

