



Class Timetable

Reformer Pilates at The Hogarth Club

from 19 January 2026

*Taster
Session
Free*

Experience the ebb and flow of light and the seasons through our full height windows, and let SOLSTICE Reformer Pilates be your space to restore balance, build strength, and move with purpose.

Our Classes



Beginner

“Essential”

An entry level class for complete beginners or those returning to exercise. Safely explore Reformer Pilates fundamentals.



General

“Stretch and Flow”

For those competent with the reformer pilates fundamentals, this class will develop flexibility, posture and strength.



Intermediate

“Strength and Tone”

A dynamic class with both intermediate and advanced movements. For those who are ready to be challenged.



Free Taster Classes

One Per Person, Your Essential Introduction

Step into SOLSTICE. Learn how to safely make any adjustments which may be required during a class. You will also learn some of the movements that will be developed in the ESSENTIAL classes.

Just as the solstice marks pivotal moments of change & stillness, Reformer Pilates invites you to pause, align, and flow with intention.



Winter Timetable

19th January - 2nd April

Monday

Time	Instructor	Level
08:45 - 09:35	Farzin	Beginner
10:00 - 10:50	Julie	Beginner
11:00 - 11:50	Julie	General
12:00 - 12:50	Farzin	Beginner
13:00 - 13:50	Farzin	General
18:00 - 18:50	Jess	Beginner
19:00 - 19:50	Jess	General

Tuesday

Time	Instructor	Level
10:00 - 10:50	Julie	Beginner
11:00 - 11:50	Julie	General
12:00 - 12:50	Jess	General
13:00 - 13:50	Jess	General
18:00 - 18:50	Oliana	General
19:00 - 19:50	Oliana	Taster (<i>1st Tuesday of month</i>)

Wednesday

Time	Instructor	Level
09:00 - 09:50	Nella	Beginner
10:00 - 10:50	Nella	Intermediate*
12:15 - 12:45	Nella	Taster (<i>Every other week</i>)**
13:00 - 13:50	Farzin	General
14:00 - 14:50	Anna	Beginner
15:00 - 15:50	Anna	General
18:00 - 18:50	Jess	General
19:00 - 19:50	Jess	Beginner
20:00 - 20:50	Jess	Intermediate*

*Intermediate classes are not suitable for those with injuries

**refer to booking system for dates

Thursday

Time	Instructor	Level
10:00 – 10:50	Oliana	Beginner
11:00 – 11:50	Oliana	General
12:00 – 12:50	Sophie	Intermediate*
13:00 – 13:50	Sophie	General
16:00 – 16:50	Kelly	General
18:00 – 18:50	Dora	Beginner
19:00 – 19:50	Dora	General

Friday

Time	Instructor	Level
09:00 – 09:50	Dora	Beginner
10:00 – 10:50	Dora	General
12:15 – 12:45	Dora	Taster (<i>Every other week</i>)**
13:00 – 13:50	Sophie	General

Saturday

Time	Instructor	Level
10:00 – 10:50	Ben	Taster (<i>1st Saturday of month</i>)
11:00 – 11:50	Shanti	Beginner
12:00 – 12:50	Shanti	General

Sunday

Time	Instructor	Level
09:00 – 09:50	Ben	General
10:00 – 10:50	Julie	Beginner
11:00 – 11:50	Julie	General



Scan to
book online
and browse
packages


SOLSTICE
REFORMER PILATES

Prices

For Hogarth Club Members

Single Class

USE WITHIN 1 MONTH

£20 PER CLASS*

4 Classes

USE WITHIN 1 MONTH

£75 £18.75 PER CLASS

5 Classes

USE WITHIN 1 MONTH

£90 £18 PER CLASS

10 Classes

USE WITHIN 2.5 MONTHS

Most Popular

£170 £17 PER CLASS

20 Classes

USE WITHIN 5 MONTHS

£330 £16.50 PER CLASS

50 Classes

USE WITHIN 10 MONTHS

Best Value

£750 £15 PER CLASS

* £35 per class for non members. Reformer Pilates available only to Hogarth Club members at launch until further notice.

Scan here to
book now,
right from your
Hogarth account





From the slow strength of the **longest** day to the quiet renewal of the **shortest**,
your body moves in harmony with the world around it.

Our studio reimagines small group Reformer Pilates with only six reformer beds, exceptional equipment, an unbeatable atmosphere flooded with natural light, and some of London's top instructors.

We deliver personalised, small group experiences that foster strength, balance, and wellbeing—guided by expert instructors and grounded in community, quality, and precision.

Scan here to
read more,
browse packages
& book online



www.thehogarth.co.uk/reformer-pilates