

# In Person Class Timetable

**Physiotherapy and exercise classes provided in-person at the Berkshire MS Therapy Centre**

## Monday

Time	Class description	Therapist
10am-11am	<b>High-level Strengthening and Balance Circuits</b>	Ligia
1pm–2pm	<b>Seated and Standing Exercise class*</b>	Analyn
2pm–3pm	<b>Circuits</b>	Ligia

## Tuesday

Time	Class description	Therapist
10am –11am	<b>Pilates (Seated, Standing and Floor)*</b>	Ligia
10am –11am	<b>Seated and Standing Exercise class</b>	Anwen

## Wednesday

Time	Class description	Therapist
12pm to 1pm	<b>Standing, Strengthening and Balance</b>	Melanie
1.30pm to 2.30pm	<b>Stretching class*</b>	Melanie

## Thursday

Time	Class description	Therapist
10am–11am	<b>Floor-based Pilates*</b>	Ligia
10am- 11am	<b>Seated, Standing and Floor Exercise class</b>	Simone
11am–12pm	<b>Seated and Standing Exercise class*</b>	Ligia
12.30pm–1.30pm	<b>Seated Exercise class*</b>	Analyn
1pm–2pm	<b>Circuits</b>	Simone
3pm–4pm	<b>High-level Strengthening and Balance Circuits</b>	Analyn

## Friday

Time	Class description	Therapist
11am- 12pm	<b>Seated and Standing Exercise class</b>	
1.30pm–2.30pm	<b>Seated, Standing and Floor Exercise class*</b>	Analyn

\* These classes can also be attended online. These sessions take place upstairs

**If you would like to join any of the classes speak to your physiotherapist who will help determine which classes are appropriate for you.**

*Last updated: 08/09/25*

# Online Class Timetable

**Physiotherapy and exercise classes provided online by the Berkshire MS Therapy Centre**

## Monday

Time	Class description	Therapist
11.30am–12.15pm	<b>Chair-based Yoga</b>	Uddhava
1pm–2pm	<b>Seated and Standing Exercise class*</b>	Analyn

## Tuesday

Time	Class description	Therapist
10am–11am	<b>Pilates (Seated, standing and floor)*</b>	Ligia
12.30pm–1.30pm	<b>Seated Upper Body Exercise class</b>	Simone
2pm–3pm	<b>Seated and Standing Exercise class</b>	Simone
6pm–6.45pm	<b>Chair-based Yoga</b>	Hema

## Wednesday

Time	Class description	Therapist
11.30am–12.45pm	<b>Yoga</b>	Uddhava
1.30pm to 2.30pm	<b>Stretching class*</b>	Melanie

## Thursday

Time	Class description	Therapist
10am–11am	<b>Floor-based Pilates*</b>	Ligia
11am–12pm	<b>Seated and Standing Exercise class*</b>	Ligia
12.30pm–1.30pm	<b>Seated Exercise class*</b>	Analyn

## Friday

Time	Class description	Therapist
10am–11am	<b>Chair-based Yoga</b>	Uddhava
1.30pm–2.30pm	<b>Seated, Standing and Floor Exercise class*</b>	Analyn

\* These classes can also be attended in-person

**If you would like to join any of the classes speak to your physiotherapist who will help determine which classes are appropriate for you.**

*Last updated 08/09/25*

# Class Descriptions

## **Circuits (in-person)**

A session consisting of a warm up, followed by a variety of strengthening, balance and mobility exercises, finished with stretches to cool down. Exercises can be modified throughout the session depending on ability.

## **Seated, Standing and Floor Exercise class (in-person)**

A 60 minute exercise class consisting of seated, standing and floor exercises. This class focuses on strengthening, cardio-vascular and balance exercises.

## **Pilates (online and in-person)**

An online modified Pilates class including seated, standing and floor exercises (Tuesday) or just floor-based (Thursday). This class focuses on core stability, strengthening and stretching exercises.

## **Seated and Standing Exercise class (online)**

An online exercise class that predominately consists of seated exercises, with a small standing component, using a chair for support. This class includes strengthening and stretching exercises for both upper and lower limbs.

## **Seated Exercise class (online)**

An online seated exercise class using a chair or wheelchair throughout. This class includes global strengthening and stretching exercises for upper and lower limbs.

## **Seated Upper Body Exercise class (online)**

An online exercise class using a chair or wheelchair throughout. This class focuses entirely on upper body strengthening exercises.

## **High-level Strengthening and Balance Circuits (in-person)**

A dynamic 60 minute exercise class using weights, resistance bands and other pieces of equipment. It will consist of standing and floor based exercises, focusing on higher level balance and strengthening.

## **Standing Strengthening and Balance class (in-person)**

A 60 minute exercise class focusing on strengthening and balance exercises. Each 6 weeks there is different focus alternating between balance and strengthening exercises.

## **Strengthening class (in-person)**

A 60 minute strengthening class consisting of a warm up, followed by a variety of dynamic strengthening exercises, finished with stretches to cool down. Exercises are done while standing.

## **Stretching class (online and in-person)**

Stretching has many benefits for people with MS, including helping with flexibility in joints and muscles, decreasing stress, increasing blood flow and improving posture. The class will consist of floor based exercises so all participants should be able to get on and off the floor independently with or without an aid e.g a chair.

## **Yoga (online)**

On a Monday, Tuesday and Friday, these are seated online Yoga classes using a chair or wheelchair throughout. The class combines physical movement, strengthening and stretching exercises. The online Yoga class also includes standing.

## **How to sign up**

It is important that you join a class that is suitable for your needs. If you already have physiotherapy at Centre please talk to your physiotherapist who will be the best person to advise you. If you are new to the Centre or new to exercise at the Centre, please call us on **0118 901 6000**, email [ms@bmstc.org](mailto:ms@bmstc.org) or **ask at reception**.

**We look forward to seeing you at one of our classes soon!**

## **Short term courses**

We also run a variety of short term courses of typically 6-8 weeks throughout the year.

**You can find details of these [on our website here](#).**