

PILATES TRAINING SOLUTIONS – CLASS TIMETABLE

- DROP IN CLASSES

MONDAY	9:45 – 10:45 PILATES Improvers * CW	12:30 – 1:15 BODY TONING * CW		6:00 – 7:00 pm PILATES MATWORK Beginners BB	7:00 – 8:00 PILATES Improvers BB	8:00 – 9:00 pm PILATES Improvers RF
TUESDAY	09:00 – 10:00 PRIVATE CLASS RF (drop in spaces)	10:00 – 11:00 PRIVATE CLASS RF (drop in spaces)	12:00 – 1:00 pm PILATES * HB		7:00 – 8:00 pm POWER PILATES Experienced * MS	8:00 – 9:00 pm PILATES MATWORK Beginners MS
WEDNESDAY		10:45 – 11:45 TODDLER YOGA MP	12:00 – 12:45 BODY TONING * BB	6:00 – 7:00 pm STABILITY BALL * BB	7:00 – 8:00 pm HEALTHY BACKS Beginners BB	8:00 – 9:00 pm PILATES Beginners RF
THURSDAY	9:45 – 10:45 PILATES Beginners CW	10:45 – 11:45 PILATES MATWORK Improvers CW		4:00 – 5:00 AFTER SCHOOL YOGALATES JP	6:00 – 7:00 pm PILATES Beginners- Anti/Post Natal welcome HB	7:00 – 8:00 pm PILATES Beginners/ Improvers HB
FRIDAY			11:30 – 1:00pm HATHA YOGA TMC			8:00 – 9:15 pm POWER YOGA * MP
SATURDAY	9:30 – 10:30 BODY TONING* ZC	10:30 – 11:30 PILATES* ZC				

