



Pilates Group Glasses



Timetable



MORNING

Monday Melanie	Tuesday Melanie	Wednesday No Instructor	Thursday Melanie	Friday No Instructor	Saturday Melanie
7:15am	7:15am	7:15am	7:15pm	7:15am	8:30am
8:15am	8:15am	8:15am	8:15am	8:15am	9:30am
9:15am	9:15am	9:15am	9:15am	9:15am	11:45am Ezgi
10:15am Semi Private	10:15am	10:15am	10:15am	10:15am	12:45pm

AFTERNOON - EVENING

Monday Ezgi	Tuesday Melanie	Wednesday Ayami	Thursday Melanie	Friday Esmae	Saturday
4:30pm	4:00pm		4:00pm Semi Private	3:15pm	
5:30pm	5:00pm		5:15pm	4:15pm	
6:30pm	6:00pm	6:15pm Stretch	6:15pm	5:15pm	
7:30pm	Private	7:15pm Stretch	Private	6:15pm	