

# PILATES GROUP CLASSES



## TIMETABLE MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.15 AM	7.15 AM	7.15 AM	7.15 AM VIRTUAL CLASS	7.15 AM	8.30 AM
8.15 AM	8.15 AM	8.15 AM	8.15 AM	8.15 AM	9.30 AM
9.15 AM	9.15 AM		9.15 AM	9.15 AM (Semi Private)	11.30 AM
10.15 AM (SEMIPRIVATE)	10.15 AM (Semi Private)		10.15 AM		
11.15 AM VIRTUAL CLASS	11.15 AM VIRTUAL CLASS	11.15 AM VIRTUAL CLASS	11.15 AM VIRTUAL CLASS	11.15 AM VIRTUAL CLASS	

## AFTERNOON - EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.15 PM (SEMIPRIVATE)	4.00 PM		4.15 PM (SEMIPRIVATE)		1.00 PM VIRTUAL CLASS
5.30PM	5.00 PM		5.15 PM	5.15 PM VIRTUAL CLASS	2.00 PM VIRTUAL CLASS
6.30 PM	6.00 PM	6.15 PM VIRTUAL CLASS	6.15 PM		
7.15 PM VIRTUAL CLASS	7.15 PM VIRTUAL CLASS		7.15 PM		