



## Pilates Reformer Class Timetable

**DURATION OF ALL CLASSES = 45 MINS**



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>7:00AM</b>				<b>Pilates class</b>		
<b>8:00AM</b>						<b>Pilates class</b>
<b>9:00AM</b>	<b>Pilates class</b>				<b>Pilates class</b>	
<b>9:30AM</b>		<b>Pilates class</b>	<b>Pilates class</b>	<b>Pilates class</b>		
<b>9:45AM</b>					<b>Pilates class</b>	
<b>12NOON</b>	<b>Pilates class</b>		<b>Pilates class</b>			
<b>1:00PM</b>	<b>Pilates class</b>				<b>Pilates class</b>	
<b>6:30PM</b>	<b>Pilates class</b>	<b>Pilates class</b>	<b>Pilates class</b>	<b>Pilates class</b>		
<b>7:15PM</b>	<b>Pilates class</b>	<b>Pilates class</b>	<b>Pilates class</b>			

**Please call 5221 0555 to make a booking**