

Class Schedule

(valid from 1st October 2017)

Monday	5 pm	Intermediate Pilates Apparatus Class
	6 pm	Intermediate Pilates Apparatus Class
	7.30 pm	Intermediate Pilates Apparatus Class
Tuesday	12 pm	Beginners' Pilates Apparatus Class
	1 pm	Intermediate Pilates Apparatus Class
	6.15 pm	Beginners' Pilates Apparatus Class
	6.30pm	Beginners' Pilates Mat Class
	7.30pm	Dynamic Yoga
	7.30 pm	Intermediate Pilates Apparatus Class
Wednesday	6.15 pm	Intermediate Pilates Mat Class
	7.30pm	Intermediate Pilates Apparatus Class
Thursday	9.15 am	Kundalini Yoga
	1 pm	Intermediate Pilates Apparatus Class
	5 pm	Intermediate Pilates Apparatus Class
	6.15 pm	Higher Intermediate Pilates Apparatus Class
	7.15pm	Yin Yoga, Relax and Renew
	7.30 pm	Intermediate Pilates Apparatus Class
Friday	6 pm	Intermediate Pilates Apparatus Class
Saturday	10 am	Intermediate Pilates Apparatus Class