

CLASSES TIME TABEL

Day Time	Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th	Saturday 7 th	Sunday 8 th
08:00							
09:00		M Wonderous Wings (Upper body)		R Hippy Hips (lower body)	M Flex Flow	M Core off the floor	
10:00			R Boomerang (Jump Board)				R Rising Spine (Tower)
10:15						R Office aid (office syndrome / stretching) Prenatal	
11:00		Prenatal					
11:15							M Dance Pilates (Pilates flow)
12:15	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat	Lunch Mat		
	Lunch Reformer	R Full body work out	Lunch Reformer		Lunch Reformer		
17:30			Prenatal				
18:00					R Lovely powerhouse		
18:30	R Angle Arms (Upper - body focused)		R Circuit (Chair + Reformer)	M Mini ball			
19:00		M Pilates with props					

Remark :

Sessions may be cancelled online, or by calling at least 24 hours in advance.

Please cancel on time to avoid paying for late cancellation.