

MOVE PILATES STUDIO TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.10 AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	
7.00 AM	REFORMER Beginner	REFORMER Beginner	REFORMER	REFORMER Beginner	REFORMER Beginner	REFORMER
7.15 AM						MAT PILATES Circuit
8.00 AM			REFORMER Beginner			REFORMER
8.15 AM						MAT PILATES
9.00 AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
10.00 AM	REFORMER Beginner	REFORMER Beginner		REFORMER Beginner	REFORMER Beginner	REFORMER Beginner
PM						
4.30 PM		REFORMER Beginner				
5.00 PM	REFORMER + MAT PILATES		REFORMER		REFORMER	
5.30 PM		REFORMER	MAT PILATES Circuit	MAT PILATES		
6.00 PM	REFORMER + MAT PILATES	YOGA	REFORMER		REFORMER + YOGA Beginner	
6.30 PM		REFORMER Beginner		MAT PILATES		
7.00 PM	REFORMER Beginner		REFORMER Beginner			
7.15 PM		YOGA			YOGA	

