

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 – 7.30 AM	Pilates Reformer Group		Pilates Mat Group				
7.45 – 8.45 AM	Pilates Mat Group		Pilates Reformer Group		Pilates Mat Group		Pilates Mat Group
9.00 – 10.00 AM		Pilates Reformer Group		Pilates Reformer Group	Pilates Reformer Group	Pilates Reformer Group	Pilates Reformer Group
10.00 – 11.00 AM	Pilates Reformer Group	Pilates Mat Group	Pilates Reformer Group	Pilates Mat Group	Pilates Reformer Group	Pilates Mat Group	
11.00 – 12 Noon							
12.15 – 1.15 PM	Pilates Reformer Group	Pilates Mat Group	Pilates Reformer Group	Pilates Mat Group	Pilates Reformer Group	Pilates Mat Group	
2.00 – 6.00PM							
6.00 – 7.00 PM	Pilates Reformer Group	Pilates Mat Group	Pilates Reformer Group	Pilates Mat Group	Pilates Reformer Group		
7.00 – 8.00 PM	Pilates Mat Group			Pilates Reformer Group			

*This is a tentative schedule. The timing of the classes may be subjected to change without prior notice.  
 Our Pilates Mat Group accommodates up to 5 people and Pilates Reformer Group accommodates up to 3 people.  
 Please contact us for confirmation and appointment booking.  
 Cancellation must be made at least 3 hours in advance if you are unable to come for your scheduled classes.  
 Thank you for your co-operation and understanding.*