

PILATES TIMETABLE

	GROUP REFORMER	CLINICAL PILATES
M	6.15am – Open Reformer 9.15am – Open Reformer 10.15am – Seniors Pilates 5.15pm – Open Reformer 6.15pm – Foundation Reformer	7.15am – Small Group 11.15am – Pre & Post Natal 4.15pm – Small Group
T	9.15am – Foundation Reformer 10.15am – Open Reformer 11.15am – Seniors Pilates 5.15pm – Jumpboard Reformer 6.15pm – Open Reformer	7.15am – Small Group 9.15am – Small Group 10.15am – Small Group 4.15pm – Small Group 5.15pm – Small Group
W	6.15am – Open Reformer 9.15am – Open Reformer 5.15pm – Open Reformer 6.15pm – Circuit	10.15am – Small Group
T	6.15am – Jumpboard Reformer 9.15am – Open Reformer 11.30am – Seniors Pilates 5.15pm – Foundation Reformer 6.15pm – Open Reformer	7.15am – Small Group 10.15am – Small Group 12.30pm – Small Group
F	6.15am – Dynamic Reformer 9.15am – Open Reformer 10.15am – Foundation Reformer	7.15am – Small Group 9.15am – Small Group 10.15am – Pre & Post Natal
S	8.00am – Open Reformer 9.00am – Open Reformer	

barefoot
STUDIO
PILATES

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CHANGING PEOPLE'S LIVES WITH PILATES



GROUP REFORMER PILATES
CLINICAL PILATES
PRE & POST NATAL
PAIN MANAGEMENT



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