

# Current Pilates Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Studio	Studio	Studio	Studio	Studio
07.30					
08.00					
08.30		<b>Beginners/Intermediate 1 Reformer</b> 08.45 - Christina (45 min)			
09.00					<b>Intermediate 1 Mat</b> 09.15 - Rachael (60min)
09.30	<b>Beginners Mat</b> 09.15 - Rachael (60min)	<b>Beginners/Intermediate 1 Reformer</b> 09.30 - Christina (45 min)			
10.00					
10.30	<b>Post Natal Mat</b> 10.15 - Rachael (60min)	<b>Beginners Rehab Mat</b> 10.30 - Christina (60min)			
11.00					
11.30					
12.00					
12.30					
13.00	<b>Beginners/Intermediate 1 Reformer</b> 13.00 - Rachael (45min)				<b>Intermediate 1/2 Reformer</b> 13.00 - Rachael (45min)
13.30					
14.00					
14.30					
15.00					
15.30					
16.00	<b>Intermediate 2 Reformer</b> 16.15 - Christina (45min)				
16.30					
17.00	<b>Intermediate 2 Reformer</b> 17.00 - Christina (45min)				
17.30			<b>Intermediate 1 Reformer</b> 17.45 - Christina (45min)		
18.00					
18.30			<b>Intermediate 2 Reformer</b> 18.30 - Christina (45min)		
19.00					
19.30			<b>Mixed Level Mat</b> 19.30 - Christina (60min)		
20.00					
20.30					
21.00					

Large class (maximum 14 people)

Small class (maximum 8 people)

Small class (maximum 4 people)