



Pilates / Class Timetable

	Mon	Tues	Weds	Thurs	Fri	Sat
8.00am						Matwork
8.30am						Pilates
9.00am	Express		Express	Equipment		Equipment
9.30am	Equipment Pilates	Equipment Pilates	Box Fit Class	Pilates		Pilates
10.00am					Equipment Pilates	Equipment Pilates
10.30am	Express		Equipment Pilates			
11.00am	Equipment Pilates		Equipment Pilates		Strength & Balance Grp	
11.30am						
12.00pm	Equipment Pilates		Equipment Pilates		Pre & Post Natal Grp	
12.30pm			Strength & Balance			
1.00pm						
1.30pm	Express		Express		GLA:D Exercise	
2.00pm	GLA:D Exercise		Matwork Pilates			
2.30pm					Express	
3.00pm		Express	Express	Express		
3.30pm		Express	Express	Express		
4.00pm		Equipment Pilates		Equipment Pilates		
4.30pm						
5.00pm		Express		Express		
5.30pm		Equipment Pilates		Equipment Pilates		
6.00pm						
6.30pm		Equipment Pilates		Equipment Pilates		
7.00pm						

Equipment Pilates (Small Group) - Duration 1 hour

Express Equipment Pilates / TRX - Suspension Training - Duration 30 mins

Matwork Pilates - Duration 1 hour

Box Fit - Duration 45 mins

Strength & Balance - Duration 45 mins

Pre & Post Natal Pilates - Duration 45 mins

GLA:D Exercise Session - Duration 1 hour