

Pilates Timetable from February 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME		
09.00 - 09.30	Private Instruction	Private Instruction	Private Instruction	Private Instruction	New Zenga	09.00 - 09.30		
09.30 - 10.00	L1 - L2 Equipment/Reformer	Pilates/Zenga Equipment	L3 Reformer +	L2 Reformer Mix		09.30 - 10.00		
10.00 - 10.30					L2 - L3 Equipment +	10.00 - 10.30		
10.30 - 11.00	L2 - L3 Reformer +	Cardio/Stability Challenge	L1 - L2 Reformer +	Total Barre + Equipment		10.30 - 11.00		
11.00 - 11.30					L1 - L2 Reformer +	11.00 - 11.30		
11.30 - 12.00	Foundation Pilates	Women's Wellness				11.30 - 12.00		
12.00 - 12.30						12.00 - 12.30		
12.30 - 13.00	All Wellness	Private Instruction Available	Private Instruction Available	Private Instruction Available		12.30 - 13.00		
13.00 - 13.30								13.00 - 13.30
13.30 - 14.00	L2 Mixed Equipment							13.30 - 14.00
14.00 - 14.30								14.00 - 14.30
14.30 - 15.00	Private Instruction Available							14.30 - 15.00
15.00 - 15.30						15.00 - 15.30		
17.30 - 18.00			L1 - L2 Equipment/Reformer			17.30 - 18.00		
18.00 - 18.30	Foundation Pilates		L2 Reformer Mix			18.00 - 18.30		
18.30 - 19.00						18.30 - 19.00		
19.00 - 19.30	L2 Reformer Mix					19.00 - 19.30		
19.30 - 20.00						19.30 - 20.00		
20.00 - 20.30	Cardio Reformer					20.00 - 20.30		
20.30 - 21.00						20.00 - 21.00		

L 1 = Beginner

L 2 = Intermediate

L 3 = Advanced