



SUMMER'23 TIMETABLE

MONDAY

10:45 AM PILATES GENERAL
6:00 PM PILATES GENERAL
7:15 PM PILATES GENERAL

TUESDAY

09:30 AM PILATES GENERAL
10:45 AM PILATES GENERAL
6:00 PM PILATES GENERAL
7:15 PM BEGINNERS/IMPROVERS

WEDNESDAY

09:30 AM PILATES GENERAL
6:00 PM WOMEN & WEIGHTS

THURSDAY

12:30 PM LUNCH TIME PILATES

FRIDAY

09:30 AM PILATES GENERAL

