

# SUMMER'24 TIMETABLE

## **MONDAY**

10:45 AM PILATES GENERAL  
6:00 PM PILATES GENERAL  
5.15 PM ONLINE STUDIO CLASS

## **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

