

Pilates Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8.00am		Tower level I	Reformer level III	Tower level II				
9.00am	Reformer level II	Reformer level I	Intro to Pilates		Advanced Pilates			
10.00am		Pilates Circuit	Reformer level II	Tower level II	Pilates Circuit			
11.00am		Pilates on the Go						
12.00pm	Reformer level I			Pilates on the Go				
2.00pm				Reformer level I				
5.30pm		Reformer level II						
6.30pm	Reformer level I							

STUDIO B (1st Floor)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
9.00am		MVE Chair Everybody		MVE Chair Challenge				
10.15am	MVE Chair Challenge							
11.15am	Mat Pilates		Mat Pilates		MVE Chair Everybody			
3.00pm	Mat Pilates		Mat Pilates			3.30pm		MVE Chair Challenge
5.30pm				Mat Pilates				
6.30pm		MVE Chair Challenge						