

CLASS TIMETABLE

*45 mins	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00		Beginners		Beginners			
7.00	Beginners		Intermediate		Beginners		
8.00	Seniors					Cardio Pilates	Beginners
9.00						Beginners	Intermediate
9.30	Mat		Cardio Pilates		Intermediate		
10.30		Cardio Pilates		Beginners	Mat		
12.15*		Beginners		Intermediate			
1.00*	Beginners		Beginners		Intermediate		
5.30	Beginners	Mat*	Intermediate		Beginners		
6.30	Cardio Pilates	Intermediate	Beginners	Beginners			
7.30	Beginners	Pre/Post Natal	Cardio Pilates				

Class times may change and vary, please book online to make sure that the classes are available.