



## Pilates Timetable For January 2022 onwards

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY	FRIDAY	TIME
09.15 - 10.15	L1-L2 Reformer+ (+virtual option)	Zenga/Pilates Reformer (+ Virtual option)	L3 (Adv) Reformer+ (+virtual option)	AL Flexband & Mini Balls ( virtual only option)	L1 Reformer+ (+virtual option)	Zenga Flow (+virtual option)	09.15 - 10.15
10.30 - 11.30	L2-L3 Reformer+ (+virtual option)	L2 Jumpboard/Reformer (+ virtual option)	L1-L2 Reformer+ (+ virtual option)		L2+ Reformer+ (+ virtual option)	L2+ Stability Chair+ (+virtual option)	10.30 - 11.30
11.45 - 12.45	Foundation Pilates		All Wellness				11.45 - 12.45
17.30 - 18.30			Zenga/Pilates Equipment (+ virtual option)				17.30 - 18.30
18.45 - 19.45	L2 Reformer+ (+virtual option)		L2 - Reformer+ (+ virtual option)				18.45 - 19.45

LEVELS    Foundation = New to Pilates    L 1 = Beginner    L 2 = Intermediate    L 3 = Advanced    L 3 = Advanced    AL - All Levels