

Pilates Timetable from January 2019

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME |
|---------------|----------------------------|----------------------------|----------------------------|----------------------------|--------------------|---------------|
| 09.00 - 09.30 | <i>Private Instruction</i> | <i>Private Instruction</i> | <i>Private Instruction</i> | <i>Private Instruction</i> | New | 09.00 - 09.30 |
| 09.30 - 10.00 | L1 - L2 | Zenga/Pilates | L3 (Advanced) | L2 | Zenga | 09.30 - 10.00 |
| 10.00 - 10.30 | Equipment/Reformer | Equipment | Reformer + | Reformer Mix | L2 - L3 | 10.00 - 10.30 |
| 10.30 - 11.00 | L2 - L3 | Cardio/Stability | L 1 - L 2 | Total Barre | Equipment + | 10.30 - 11.00 |
| 11.00 - 11.30 | Reformer + | Challenge | Reformer + | + Equipment | L1 - L2 | 11.00 - 11.30 |
| 11.30 - 12.00 | Foundation | Women's | <i>Private</i> | <i>Private</i> | Reformer + | 11.30 - 12.00 |
| 12.00 - 12.30 | Pilates | Wellness | <i>Instruction</i> | <i>Instruction</i> | <i>Private</i> | 12.00 - 12.30 |
| 12.30 - 13.00 | All | <i>Private Instruction</i> | <i>Available</i> | <i>Available</i> | <i>Instruction</i> | 12.30 - 13.00 |
| 13.00 - 13.30 | Wellness | <i>Available</i> | <i>Here</i> | <i>Here</i> | <i>Available</i> | 13.00 - 13.30 |
| 13.30 - 14.00 | L2 Mixed | | | | | 13.30 - 14.00 |
| 14.00 - 14.30 | Equipment | | | | | 14.00 - 14.30 |
| 14.30 - 15.00 | | | | | | 14.30 - 15.00 |
| 15.00 - 15.30 | | | | | | 15.00 - 15.30 |
| 17.30 - 18.00 | | | Zenga/Pilates | | | 17.30 - 18.00 |
| 18.00 - 18.30 | Foundation | | Equipment | | | 18.00 - 18.30 |
| 18.30 - 19.00 | Pilates | | L2 | | | 18.30 - 19.00 |
| 19.00 - 19.30 | L2 | | Reformer Mix | | | 19.00 - 19.30 |
| 19.30 - 20.00 | Reformer Mix + | | | | | 19.30 - 20.00 |

LEVELS L 1 = Beginner

L 2 = Intermediate

L 3 = Advanced