Pilates Timetable -November 2026 onwards

TIME	MONDAY	TIME	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME
09.15 - 10.15	L1-L2 Reformer+ (+virtual option)	09.15 - 10.15	Stretch & Strength with Equip (+ Virtual option)	L3 (Adv) Reformer+ (+virtual option)	L1 Reformer+ (+virtual option)	Zenga Flow (+virtual option)	09.15 - 10.15
10.15 - 11.15 Note New Time	L1-L2 Reformer+ (+virtual option)	10.30 - 11.30	L2 Jumpboard/Reformer (+ virtual option)	L1-L2 Reformer+ (+ virtual option)	L2+ Reformer+ (+ virtual option)	L2+ Stability Chair+ (+virtual option)	10.30 - 11.30
11.15 12.15 Note New Time	Foundation Pilates	11.45 - 12.45		All Wellness Equipment		L1-l2 Reformer+ (+virtual option)	11.45 - 12.45
17.30 - 18.30		17.30 - 18.30		Zenga/Pilates Reformer (+ virtual option)			17.30 - 18.30
18.45 - 19.45	L2 Reformer+ (+virtual option)	19.00 - 20.00 Note Time	Mens Class (all levels) Reformer+	L2 - Reformer+ (+ virtual option)			18.45 - 19.45

NEW WEEKEND CLASSES

SATURDAY	TIME
Reformer+ Mixed Ability	08.30 - 09.30
Reformer+ Beginners Intro to Pilates	09.30 - 10.30

SUNDAY	TIME
Reformer/Matwork Mixed Ability	08.30 - 09.30
Reformer/Matwork Foundation Class	09.30 - 10.30

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