

SESSION TIMETABLE

(Sessions are 55 minutes duration)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00am		6.00am			
8.00am	8.30am	8.00am	8.30am	8.00am	8.00am
9.00am	9.30am	9.00am	9.30am	9.00am	9.00am
10.00am	10.30am	10.00am	10.30am	10.00am	
		11.15am			
Private Sessions by Appointment					
5.00pm	5.00pm	5.00pm	5.00pm		
6.00pm	6.00pm	6.00pm	6.00pm		
7.00pm	7.00pm	7.00pm	7.00pm		
8.00pm	8.00pm	8.00pm	8.00pm		

Hurry Only 4 places per session

Phone us to make a booking or to learn about the different Pilates styles.