

Studio2Pilates Timetable
07/03/2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
07:00		Improver/Moderate		Beginner/Gentle				Private & semi-private times (inquire for availability)
08:00	Improver/Moderate	Improver/Moderate	Improver/Moderate	Beginner/Gentle	Stretch	Improver/Moderate	Foundation/Basics	Foundation/Basics Group Class Level 0
09:00	Beginner/Gentle	Foundation/Basics	Studio2Barre	Improver/Moderate		Intermediate/Strong	Beginner/Gentle	Beginner/Gentle Group Class Level 1
10:00						Studio2Barre	Zumba	Improver/Moderate Group Class Level 2
11:00						Beginner/Gentle		Intermediate/Strong Group Class Level 3
12:00								Studio2Barre Group Class All levels
13:00								Stretch Group Class All levels
14:00								Zumba Group Class All levels
15:00	Improver/Moderate	Pregnancy Class		Improver/Moderate	Beginner/Gentle			Pregnancy Group Class
16:00	Beginner/Gentle	Foundation/Basics	Improver/Moderate	Beginner/Gentle	Improver/Moderate			
17:00	Foundation/Basics	Beginner/Gentle	Studio2Barre	Pregnancy Class	Beginner/Gentle			
18:00	Studio2Barre	Improver/Moderate	Intermediate/Strong	Beginner/Gentle				
19:00	Intermediate/Strong	Improver/Moderate	Beginner/Gentle	Improver/Moderate				

Please contact Dianne Piketh with any questions
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