

Studio2Pilates Timetable  
06/09/2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00		Improver/Moderate		Beginner/Gentle			
08:00	Improver/Moderate	Improver/Moderate	Improver/Moderate	Beginner/Gentle	Stretch	Improver/Moderate	Beginner/Gentle
09:00	Beginner/Gentle	Foundation/Basics	Studio2Barre	Improver/Moderate	Beginner/Gentle	Intermediate/Strong	Beginner/Gentle
10:00						Studio2Barre	Foundation/Basics
11:00						Beginner/Gentle	Zumba
12:00							
13:00							
14:00							
15:00	Improver/Moderate	Pregnancy Class		Improver/Moderate	Beginner/Gentle		
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	Intermediate/Strong	Intermediate/Strong	Beginner/Gentle			
19:00	Intermediate/Strong	Improver/Moderate	Beginner/Gentle	Improver/Moderate			

	Private & semi-private times (inquire for availability)
	Foundation/Basics Group Class <b>Level 0</b>
	Beginner/Gentle Group Class <b>Level 1</b>
	Improver/Moderate Group Class <b>Level 2</b>
	Intermediate/Strong Group Class <b>Level 3</b>
	Studio2Barre Group Class <b>All levels</b>
	Stretch Group Class <b>All levels</b>
	Zumba Group Class <b>All levels</b>
	Pregnancy Group Class

Please contact Dianne Piketh with any questions  
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