

Studio2Pilates Timetable
09/01/2018

	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 Level 0
	Beginner/Gentle Group Class Level 1
	Improver/Moderate Group Class Level 2
	Intermediate/Strong Group Class Level 3
	Studio2Barre Group Class All levels
	Stretch Group Class All levels
	Zumba Group Class All levels
	Pregnancy Group Class

Please contact us if you have any questions
info@pilatescape.co.za