

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
08:00	CDF	F/B							
08:15									
08:30									Foundation
09:00				B					Foundation/Beginners
09:30							I/M		Beginners
10:00						B/I			Beginner/Improver
10:30							B/I		Improver/Moderate
11:00			P						Intermediate
11:30									Studio2Barre
12:00					F				Pregnancy Pilates
12:45	I/M								Cardo Dance Fitness
14:00									Hip-Hop Class All Levels
14:30				I/M					
14:45									
15:00									
15:30		I							
15:45				P					
16:00									
16:30			B						
16:45		B		S2B					
17:00									
17:30	B/I								
18:00		Hip-Hop		B					
19:00		B		I/M					
(Please note the Friday 12 pm Foundation class only takes every second Friday- Please contact Romy when the next Foundation class will be taking place at <a href="mailto:info@pilatescape.co.za">info@pilatescape.co.za</a> )									
<b><a href="http://www.pilatescape.co.za">www.pilatescape.co.za</a></b>									
<b>072 600 0085</b>									