

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
07:00									
09:00		B		B				B	Beginners
12:00								I/M	Improver/Moderate
15:30								I	Intermediate
16:00	I/M							S	Stretch
17:00	S2B		S2B					S2B	Studio2Barre
18:00		I	PWD					PWD	Pilates-Wind Down
18:30	S								
	www.pilatescape.co.za								
	072 600 0085								