

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
07:00			I/M						Foundation
08:00	F/B				T&S				Foundation/Beginners
08:30		T&S							Beginners
09:00						B	F		Beginner/Improver
10:00						B/I	I/M		Improver/Moderate
10:30		P							Intermediate
11:00	F				F				Stretch
13:00	I/M								Pilates-This Is Cardio
14:30				I/M					Prenatal Pilates
15:30		I							Toned & Sculpt Pilates
16:00			TIC	P					
17:30	B/I	B/I							
18:00			F	B					
18:30	S								
	www.pilatescape.co.za								
	072 600 0085								