

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:45					F
10:45	F	I/M	F		
11:45	I				
01:30					
14:30		B			
15:30		I/M			
16:00				B	

	Foundation
	Beginners
	Improver/Moderate
	Intermediate
	Prenatal Pilates (Please Email to Enquire About Class Times)

www.pilatescape.co.za

If there is no class above that fits your requirements, please let us know and we will try our best to accommodate you