Time	MON	TUES	WED	THURS	FRI	SAT	SUN
07:00				B			
08:00						B	
09:00						B/I	
10:00						I/M	M
11:30					B/I		
16:00		B					
17:30	S & I			S & I			
17:45			B/I				
18:00	B/I	I/M		I/M			
19:00			I/M				

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	Pilates-Mixed Level
	Beginners
	Beginner/Improver
	Improver/Moderate
	Improver/Intermediate
	Pilates-Strength & Define (30 minute)
	Pre/Post Natal, Barre &Rebounding (Bounce)-Please enquire with Romy