



# REFORMER PILATES TIMETABLE

MIND AND BODY ROOM (REFORMER PILATES)							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:00 AM							
6:30 AM	JANEL	IVA START 7TH NOV	JANEL	JANEL	VR		
7:00 AM							
7:30 AM	JANEL	IVA	JANEL	JANEL	MADDY	GLORIA	VR
8:00 AM							
8:30 AM	JANEL	IVA	JANEL	JANEL	MADDY	GLORIA	VR
9:00 AM							
9:30 AM	JANEL	IVA	JANEL	JANEL	MADDY	GLORIA	VR
10:00 AM							
10:30 AM	JANEL	IVA	JANEL	JANEL	MADDY	MADDY	VR
11:00 AM							
11:30 AM	JANEL	IVA	JANEL	JANEL	MADDY	MADDY	VR
12:00 PM							
12:30 PM	VR	VR	VR	VR	VR	MADDY	VR
1:00 PM							
1:30 PM	VR	VR	VR	VR	VR	VR	VR
2:00 PM							
2:30 PM	VR	VR	VR	VR	VR	VR	VR
3:00 PM							
3:30 PM	VR	VR	VR	VR	VR	VR	VR
4:00 PM							
4:30 PM	VR	VR	VR	VR	VR	VR	VR
5:00 PM							
5:30 PM	MADDY Z	SHARON	VR	SHARON	VR	MADDY Z	VR
6:00 PM							
6:30 PM	MADDY Z	SHARON	VR	SHARON	VR	MADDY Z	VR
7:00 PM							
7:30 PM	MADDY Z	SHARON	VR	SHARON	VR	MADDY Z	VR
8:00 PM							
8:30 PM	MADDY Z	SHARON	VR	SHARON	VR	MADDY Z	

\*TIMETABLE SUBJECT TO CHANGE. CLASSES WILL NOT RUN WITH 4 PEOPLE OR LESS. MINIMUM AGE OF ENTRY IS 14 YEARS OLD. CHILDREN FROM THE AGES OF 14-16 MUST BE SUPERVISED BY AN ADULT. PLEASE ALSO NOTE ENTRY INTO A CLASS CAN BE REFUSED AT THE INSTRUCTORS DISCRETION FOR ALL LATE COMERS WHO HAVE MISSED WARM UP.





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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:00 AM							
6:30 AM	IVA	VR	IVA	AMELIA	VR	VR	VR
7:00 AM							
7:30 AM	IVA	YIANNA	IVA	AMELIA	CASEY	CASEY	VR
8:00 AM							
8:30 AM	IVA	YIANNA	IVA	AMELIA	CASEY	CASEY	VR
9:00 AM							
9:30 AM	IVA	YIANNA	IVA	AMELIA	CASEY	CASEY	VR
10:00 AM							
10:30 AM	IVA	YIANNA	IVA	VR	VR	VR	VR
11:00 AM							
11:30 AM	IVA	YIANNA	IVA	VR	VR	VR	VR
12:00 PM							
12:30 PM	VR	VR	VR	VR	VR	VR	VR
1:00 PM							
1:30 PM	VR	VR	VR	VR	VR	VR	VR
2:00 PM							
2:30 PM	VR	VR	VR	VR	VR	VR	VR
3:00 PM							
3:30 PM	VR	VR	VR	VR	VR	VR	VR
4:00 PM							
4:30 PM	YIANNA	GLORIA	YIANNA	CASEY	VR	HARRIET	VR
5:00 PM							
5:30 PM	YIANNA	GLORIA	YIANNA	CASEY	VR	HARRIET	VR
6:00 PM							
6:30 PM	YIANNA	GLORIA	YIANNA	CASEY	VR	HARRIET	VR
7:00 PM							
7:30 PM	YIANNA	GLORIA	YIANNA	CASEY	VR	VR	VR
8:00 PM							
8:30 PM	VR	VR	VR	VR	VR	VR	

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