



Progressive Pilates Timetable

Monday	
7:00pm-8:30pm	Private Pilates Sessions (Reformer or FreeMotion Vertex) 1/2hr Express or 1 HR

Tuesday	
7:00pm-8:00pm	Group Pilates Mat Class (Small Props Incorporated)

Wednesday	
11:00am-12:00pm	Group Pilates Mat Class (Small Props Incorporated)
9:30am-10:30am 12:30pm -2:30pm	Private Pilates Sessions (Reformer or FreeMotion Vertex) 1/2hr Express or 1 HR
7:00pm-8:30pm	Private Pilates Sessions (Reformer or FreeMotion Vertex) 1/2hr Express or 1 HR

Thursday	
7:00pm-8:00pm	Group Pilates Mat Class (Small Props Incorporated)

Friday	
9:30am -2:30pm	Private Pilates Sessions (Reformer or FreeMotion Vertex) 1/2hr Express or 1 HR
7:00pm-8:30pm	Private Pilates Sessions (Reformer or FreeMotion Vertex) 1/2hr Express or 1 HR

