

# PILATES SCHEDULE



## Group Reformer - \$30

Monday	10:00am - Ruby	7:15pm - Hesh
Tuesday		6:15pm - Ruby
Wednesday	10:00am - Hesh	6:30pm - Kevin
Thursday		5:15pm - Ruby 6:15pm - Hesh
Saturday	9:00am - Kevin 10:00am - Kevin	

## Rehab Reformer - \$39

Monday	12:30pm - Kevin	6:00pm - Hesh
Tuesday	10:00am - Ruby 11:00am - Ruby	
Wednesday		5:30pm - Kevin
Thursday	11:00am - Hesh	
Friday	11:30am - Kevin	5:15pm - Ruby

## Antenatal/Postnatal Reformer - \$39

Monday	11:30am - Ruby	
Wednesday	11:30am - Ruby	
Thursday		7:15pm - Ruby

Please note all classes will run for 45mins