

# Class schedule



## MONDAY

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**PILATES**  
18:00 - 18:45

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**YOGA**  
19:00 - 20:00

## TUESDAY

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**PILATES**  
9:00 - 9:45

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**PILATES**  
18:00 - 18:45

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**YOGA**  
(beginners)  
19:00 - 20:00

## WEDNESDAY

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**PILATES**  
18:00 - 18:45

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**YOGA**  
19:00 - 20:00

## THURSDAY

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**PILATES**  
9:00 - 9:45

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**PILATES**  
18:00 - 18:45

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**YOGA**  
(beginners)  
19:00 - 20:00

## FRIDAY

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**PILATES**  
18:00 - 18:45

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**YOGA**  
19:00 - 20:00

## SATURDAY

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**TEENS**  
8:45 - 09:30

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0917368343

